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Disability advocates call for MTA funding. 4

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POWER SURGE

Baseball finally returns today as Metro previews the Mets and Yankees 2018 seasons. 33-36

GETTY IMAGES/ISTOCK

Smorg is back! What's new at Brooklyn's outdoor food fest, returning this weekend. 28

WELCOME TO METRO.US

JOE PANTORNO, SPORTS EDITOR

For some reason, Major League Baseball's Opening Day isn't a nationally recognized holiday. You simply cannot get more American than the United States' oldest game, now taking part in its 150th season. Here in New York, we get double the fun. There are some sky-high expectations for the Yankees and their powerful bats this year as Giancarlo Stanton joins Aaron Judge and Gary Sanchez. In Queens, the Mets are poised to surprise some people behind their flame-throwing pitching staff featuring Noah Syndergaard. For a full preview, head inside and don't forget the Cracker Jacks. Read more on pages 33-36 and at **metro.us**.

TRUMP FIRES VA BOSS, NOMINATES OWN DOCTOR

1 President Donald Trump ousted Veterans Affairs Secretary David Shulkin on Wednesday in response to heavy criticism and nominated his personal physician, Rear Admiral Ronny Jackson, to replace him in the latest turnover among Trump's team. White House officials, speaking on condition of anonymity, said Shulkin had become a distraction due to a constant speculation about his future. Shulkin had drawn fire for a damning report from the inspector general of the Department of Veterans Affairs. It found that during a trip to London, he improperly accepted tickets to the Wimbledon tennis tournament and his chief of staff made false statements so Shulkin's wife could travel at government expense. Jackson, a rear admiral of the U.S. Navy, has been the lead doctor monitoring Trump's health since Trump became president.

PARDONS DISCUSSED FOR MANAFORT AND FLYNN

2 An attorney for President Donald Trump raised the idea of Trump pardoning two of his former top advisers last year as Special Counsel Robert Mueller was building a case against them in his probe into possible Russian interference in the U.S. presidential election, The New York Times reported on Wednesday. John Dowd, who was Trump's lead lawyer in the special counsel investigation until he resigned last week, broached the issue in discussions with attorneys for former national security adviser Michael Flynn and former campaign manager Paul Manafort, the Times reported, citing three people with knowledge of the talks. The discussions between Dowd and lawyers for Manafort and Flynn indicated Trump's legal team was concerned about what the two former aides would reveal if they cut a deal with Mueller.

HUNDREDS ATTEND CITY COUNCIL MEETING ON DEATH OF STEPHON CLARK

3 Stevante Clark, brother of Stephon Clark, disrupts a special city council meeting meeting at Sacramento City Hall on March 27, 2018, in Sacramento, California. Hundreds packed a special city council meeting at Sacramento City Hall to address concerns over the shooting death of Stephon Clark by Sacramento police.

GETTY IMAGES

REPORT: TRUMP AIMS TO REIN IN AMAZON'S POWER

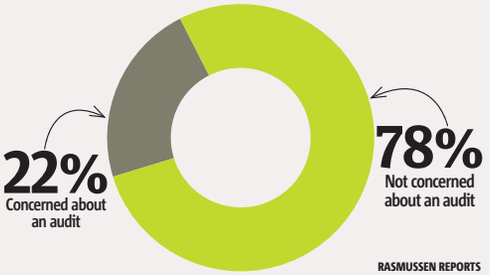
4 Amazon.com shares fell almost 5 percent on Wednesday, wiping more than $30 billion off its market value, after news website Axios reported that President Donald Trump is obsessed with the world's largest online retailer and wants to rein in its growing power. Trump has talked about using antitrust law to "go after" the company because he is worried about mom-and-pop retailers being put out of business by Amazon, Axios reported, citing five sources it said had discussed the issue with him. Trump also wants to change Amazon's tax treatment, the Axios report said, an issue the president raised publicly last year when he called for an internet tax for online retailers, though Amazon already collects sales tax on items it sells to customers. Amazon did not reply to a request for comment.

SAUDI ARABIA TO FACE LAWSUITS OVER 9/11

5 A judge on Wednesday rejected Saudi Arabia's bid to dismiss lawsuits claiming that it helped plan the Sept. 11, 2001, attacks and should pay billions of dollars in damages to victims. District Judge George Daniels in Manhattan said the plaintiffs' allegations "narrowly articulate a reasonable basis" for him to assert jurisdiction over Saudi Arabia under the Justice Against Sponsors of Terrorism Act (JASTA), a 2016 federal law. The Saudi government has long denied involvement in the Sept. 11 attacks. Daniels' decision covers claims by the families of those killed, roughly 25,000 people who suffered injuries and many businesses and insurers. Saudi Arabia had long had broad immunity from Sept. 11 lawsuits. That changed in September 2016, when the Congress overrode President Barack Obama's veto of JASTA, allowing cases to proceed.

IRS AUDIT

How concerned are you that the Internal Revenue Service will audit your taxes?



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Disability advocates urge Cuomo to make NYC's transit more accessible

"[The system] completely excludes people from being functioning members of society because we can't get around," advocate Eman Rimawi said.

NIKKI M. MASCALI
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With overcrowded trains, near-daily signal issues causing delays and that looming L train shutdown, being a straphanger in NYC is not easy.

But while many can often use alternatives like walking, getting off at another train station or riding a bike, that is not the case for the thousands of New Yorkers with mobility issues. And that's why disability rights advocates are urging Gov. Andrew Cuomo to support MTA funding that makes accessibility and paratransit improvements a priority.

"For many of us, transit is a series of barriers and bad choices among a subway that remains almost wholly inaccessible, buses that run slowly and less frequently than ever, and a severely dysfunctional and costly paratransit service," a dozen disability advocacy groups wrote in a recent letter to Cuomo.

Currently, less than 25 percent of the city's 472 subway stations are wheelchair accessible, and the ones that are often have out-of-service elevators and escalators, something Eman Rimawi knows all too well.

Rimawi, who is the Access-A-Ride campaign coordinator for New York Lawyers for the Public Interest (NYLPI) and an amputee who uses prosthetics and a walker, took a train to an accessible station only to find the elevator wasn't working.

"I had to have a good Samaritan help me up and down the stairs," she said. "I couldn't imagine if I was wheelchair-bound and the elevator wasn't working, and there was no one around to help."

> **"If I were to go to an accessible train station, I'd have to probably go an hour."**
>
> Rimawi

Rimawi relies mainly on Access-A-Ride to commute from Throgs Neck since her nearest subway station has no elevator.

"If I were to go to an accessible train station, I'd have to probably go an hour," she said. "[The system] completely excludes people from being functioning members of society because we can't get around."

Access-A-Ride, which must be booked in advance, can be "pretty terrible most of the time," Rimawi said. "Very often I have to wait for a while — the longest wait was 3½ hours. And one time I was on Access-A-Ride for 5½ hours."

Unlike many New Yorkers, residents with mobility issues cannot rely on ride-hailing services or cabs as many "offer zero to few wheelchair-accessible vehicles," said Justin Wood, director of organizing and strategic research at NYLPI and one of the authors of the Cuomo letter.

The advocates back recommendations from Cuomo's Fix NYC panel, including congestion pricing proposals that could see such fees "distributed to the taxis to get them to operate accessible vehicles, hopefully in the outer boroughs where they are most needed," Wood said.

Throgs Neck resident Eman Rimawi, whose closest subway station is 25 minutes away but doesn't have an elevator, mainly relies on Access-A-Ride for her commute. PROVIDED

NYC Transit President Andy Byford has made accessibility one of his top priorities, and the MTA's Capital Program includes an additional $1 billion to add accessibility to 19 stations and $427 million to replace 42 elevators and 32 escalators. Currently, 118 stations are accessible and 25 others are in the works, the agency said.

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Ahead of the L train shutdown, to start April 2019, rents for North Brooklyn apartments are dropping, according to StreetEasy. ISTOCK

New analysis: North Brooklyn rents dropping ahead of L train shutdown

If you can get around the city while the L is shut down, North Brooklyn may offer some appealing deals, according to StreetEasy.

KRISTIN TOUSSAINT
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The impending L train shutdown will make life a little bit harder for a few months for some Brooklyn straphangers, but there is one upside to the upcoming work: reduced rents.

Rents in North Brooklyn have continued to drop ahead of the public transit project, according to real estate website StreetEasy, which on Thursday released a new report on the February real estate market in New York City.

> **"The L train shutdown is a tidal wave that's been off on the horizon."**
> Grant Long

Neighborhoods served by the L train, including Williamsburg and Greenpoint, saw rents drop for the seventh consecutive month, according to the report. With an estimated rent of $3,027 in February, rents in that area were .6 percent lower than last year — and they could drop even more.

"The L train shutdown is a tidal wave that's been off on the horizon," said Grant Long, a senior economist with StreetEasy, in a statement. "Now that we're in the period where new leases will overlap with the shutdown in April 2019, we're seeing landlords get more liberal with discounts to make sure they attract tenants — and maybe even incentivize them to stay for longer than a year."

North Brooklyn also surpassed Northwest Brooklyn, which covers from Red Hook to Clinton Hill, in terms of the area within the borough with the largest share of discounted rentals. In February, 25 percent of rentals in North Brooklyn were discounted, compared to 21 percent in Northwest Brooklyn.

Outside of those areas, things are still looking pretty good for renters throughout the city, according to StreetEasy.

In Queens, the site's rent index has been decreasing as well, with rents dropping an average of $41 per month. In other areas of Brooklyn and Manhattan, the rent index is remaining mostly flat, meaning there's not a huge spike in rents.

Across those three boroughs, landlords offered discounts on one in five rental units, according to the February report. Still, with North Brooklyn seeing the most markdowns, it may be a neighborhood to consider if you can get around without the L.

"Renters should consider the reality of limited transportation to these areas," Long said about those North Brooklyn neighborhoods, "but there are bargains to be had if that's a trade-off they're willing to make."

25%

Percentage of rental units in North Brooklyn that have been discounted as the L train shutdown nears.

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OP-ED: 'MODERNIZING' THE SMALL BUSINESS JOBS SURVIVAL ACT? OR A TROJAN HORSE?

MARNI HALASA

Opinion

Marni Halasa, a lawyer, journalist and professional figure skater, ran in the last election for City Council for District 3 as an independent on the Eco Justice Party.

In addition to her protest consulting group, Revolution Is Sexy, she recently founded a group that collectively organizes small businesses and tenants about intrusive neighborhood development.

"We are horrified by the urban blight of nearly 200 empty storefronts on Broadway and the corporate takeover of the entire metropolis by chain stores."

Several days ago, Councilmember Ydanis Rodriguez resubmitted legislation to save small businesses in New York City. The bill, called the Small Business Jobs Survival Act, would give small businesses the legal might to stand up to landlords who try to triple or quadruple the rent at the end of a lease. Leveling the playing field between landlords and small business owners, the SBJSA gives commercial tenants (1) a minimum 10-year lease at a fair rent, (2) the right to renew that lease and (3) mandatory arbitration to negotiate rent increases.

The bill would also protect all commercial leases above the ground floor, given that 77 percent of small businesses, such as doctors, dentists and arts spaces, are above the ground floor. All encompassing, this would create a universal citywide solution for all small businesses to financially plan and invest in a long-term future — in other words, the freedom to thrive.

On the face of it, it seems promising. New Yorkers know that significant change is long overdue. We all lament the closings of our favorite icons like Lincoln Plaza Cinemas, Gray's Papaya and the Cup and Saucer Diner. We are horrified by the urban blight of nearly 200 empty storefronts on Broadway and the corporate takeover of the entire metropolis by chain stores. Statistics from the Small Business Congress show that every month, 1,200 businesses close with 8,000 jobs lost to New Yorkers.

Marni Halasa ran for NYC City Council in the last election. PROVIDED

But I'm not holding my breath. As an advocate for small business, I should be thrilled that Speaker Corey Johnson and the majority of City Council members state support for the bill. But after my experience as a candidate for City Council District 3 last year, I am wary. I'm concerned when I read that the bill needs to be "modernized" to accommodate landlord incentives, "special zones" to keep out formula retail and that the crisis is "not about the rent but also about water and sewage rates." I'm not against other measures that could help, but it has been and always will be about the rent. Period.

But most troubling is the obscene amount of real estate money that flows to City Hall coffers. It's no secret that real estate interests have stymied the 30-year-old bill for decades. And with the Queens and the Bronx Democratic machines getting together to anoint Corey Johnson, the darling of The Real Estate Board of New York (REBNY), to speaker, the tradition of rigging has continued. Couple Speaker Johnson's newest initiative to wield a "heavy hand" in land-use decisions, with the usual large donations that give real estate interests tremendous influence over legislators, leadership posts and the disposition of city property, and you now have a town that no longer looks like itself.

With a crisis on our hands, it's time that the interests of the community are not just balanced against private property rights, but supersede them when necessary. If the SBJSA is passed with changes that water down the bill to worthlessness, this will be the latest example of how City Hall is full of fake progressives serving real estate. If the bill does not have the minimum 10-year lease, the right to renewal, arbitration and an application to all commercial leases, it is a Trojan horse. And that should lead to a consequence that has all elected running scared: being voted out of office.

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Eight trains will depart Penn Station between 2 p.m. and 3:48 p.m. on the Babylon, Far Rockaway and Port Jefferson branches in observance of Good Friday and Passover. FLICKR/MTA

LIRR to run extra eastbound trains for Good Friday, Passover

Eight additional eastbound trains will run between Penn Station and Babylon, Far Rockaway and Port Jefferson.

NIKKI M. MASCALI
nikki.mascali@metro.us

In observance of Good Friday and the start of Passover, the LIRR will run eight additional eastbound trains from Penn Station on Friday, the MTA announced.

The trains will depart Penn Station between 2 p.m. and 3:48 p.m. on the Babylon, Far Rockaway and Port Jefferson branches.

Babylon

• 2:22 p.m. and 3:31 p.m. will run express to Rockville Centre, then make all local stops to Babylon

• 2:32 p.m. will run express to Lynbrook, then make all local stops to Babylon

• 3 p.m. will stop at Jamaica, Rockville Centre and then make all local stops to Babylon

Far Rockaway

• 3:48 p.m. will run express to Locus Manor then make all local stops to Far Rockaway

Port Jefferson

• 2:08 p.m. will stop at Jamaica, Mineola, Carle Place and then make all local stops to Huntington.

• 2:29 p.m. will stop at Forest Hills, Kew Gardens, Jamaica, New Hyde Park and then make all local stops to Huntington

• 3:24 p.m. will stop at Jamaica, Mineola, Westbury and Hicksville.

Additionally, the 2:52 p.m. train from Huntington to Port Jefferson will instead originate from Jamaica at 2:01 p.m. and run express to Huntington and then make its regularly schedule local stops to Port Jefferson.

The 3:40 p.m. train to Port Washington and 1:49 p.m. train to Ronkonkoma, which have been running as part of Amtrak's winter work at Penn Station, will remain in service, the MTA said.

The train to Port Washington will stop at Woodside and make all local stops to Great Neck, while the Ronkonkoma-bound train will stop at Woodside, Jamaica, Mineola, Hicksville, Bethpage, Farmingdale, Wyandanch, Deer Park, Brentwood, Central Islip and Ronkonkoma.

NYC TICKET SCHEME

New York man pleads guilty to running 'Hamilton' Ponzi scheme

A New York man pleaded guilty on Wednesday to running what federal prosecutors called a a $60 million Ponzi scheme involving the fake resale of tickets to premium events such as the Super Bowl, the U.S. Open tennis tournament and the Broadway smash hit "Hamilton."

Jason Nissen, 45, entered his plea before U.S. District Judge Paul Engelmayer in Manhattan, prosecutors announced.

"Mr. Nissen did not benefit personally from any of his actions, and is utterly remorseful for any harm he caused," said Michael Bachner, Nissen's lawyer.

Nissen, a former high school teacher and later chief executive of ticket brokerage company National Event Co., was arrested in May 2017.

Prosecutors said that since 2015, Nissen solicited investors by promising them he would make a profit buying and reselling tickets, but instead used their money to enrich himself and repay earlier investors.

Fourteen years before his arrest, Nissen was caught selling tickets to students for a free Dave Matthews Band concert at the Queens, New York, high school where he then taught math. He was fired in 2004.

The case against Nissen is one of at least two brought this year by U.S. authorities in Manhattan over alleged sham ticket sales to "Hamilton" and other high-demand events. Joseph Meli, who pleaded guilty to a similar scheme, is scheduled to be sentenced next week. REUTERS

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Location: 333 East 38th Street, 6th Floor Conference Room

Jump-Start Your Golf Game This Spring
Date: Tuesday, April 17 Time: 6:00–7:45 pm
Location: 333 East 38th Street, 6th Floor Conference Room

To attend Sports Performance lectures, please register at nyulangone.org/cmcevents.

ORTHOPEDIC HEALTH

Bone Health Seminar and Screening
Date: Monday, April 16 Time: 2:30–5:00 pm
Location: 301 East 17th Street, Loeb Auditorium

To attend Orthopedic Health lectures, please email brigitte.jones@nyumc.org or call 212-598-6052.

RUSK REHABILITATION

Bladder Health: Regain Control with Treatment Recommendations
Date: Wednesday, April 18 Time: 5:00–6:30 pm
Location: 240 East 38th Street, 11th Floor Conference Room

To attend Rusk Rehabilitation lectures, please email ruskrsvp@nyumc.org or call 212-263-6952.

DIABETES & METABOLIC HEALTH

Diabetes Health Forum
Date: Wednesday, April 18 Time: 5:30–7:00 pm
Location: 180 Pulaski Road, Huntington Station

To attend Diabetes & Metabolic Health lectures, please call 631-425-2241.

CHILD STUDY CENTER

The Link Between Autism and Other Health Issues
Date: Thursday, April 19 Time: 6:30–7:30 pm
Location: 550 First Avenue, Alumni Hall A

To attend Child Study Center lectures, please register at nyulangone.org/cscworkshops. To view the webinars, visit nyulangone.org/cscwebinars.

HEART HEALTH

Oral Hygiene and Your Overall Heart Health
Date: Tuesday, April 24 Time: 6:15–7:15 pm
Location: 550 First Avenue, Alumni Hall B

To attend Heart Health lectures, please email cvdprevention@nyumc.org or call 646-501-2190.

PERLMUTTER CANCER CENTER

Update on Skin Cancer and Melanoma
Date: Thursday, April 5 Time: 12:00–1:30 pm
Location: 760 Broadway, 10th Floor Solarium, Brooklyn, NY
To RSVP for this lecture, please call 718-963-5771.

Oral Health: A Window to Your Overall Health
Date: Tuesday, April 10 Time: 6:00–7:30 pm
Location: 550 First Avenue, Smilow, 1st Floor Seminar Room

Skin Cancer Protection and Treatment
Date: Thursday, April 12 Time: 11:00 am–1:00 pm
Location: 550 First Avenue, Farkas Auditorium

The Power of Therapeutic Writing: An Interactive Workshop
Date: Tuesday, April 17 Time: 6:00–7:30 pm
Location: 160 East 34th Street, 11th Floor, Room 1121

Coping with Erectile Dysfunction
Date: Thursday, April 19 Time: 5:30–6:30 pm
Location: 160 East 34th Street, 11th Floor, Room 1121

Head and Neck Cancer Screening
Date: Thursday, April 26 Time: 5:00–7:30 pm
Location: 160 East 34th Street, 11th Floor, Room 1121

To attend Perlmutter Cancer Center lectures, please visit nyulangone.org/cancerrsvp, email cancerevents@nyumc.org, or call 212-263-2266.

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The study is conducted at the New York State Psychiatric Institute/Columbia University Medical Center and is funded by the National Institutes of Health.

Facebook is updating its privacy settings after recent scandal

The company says it wants to make its privacy settings easier to find.

LENYON WHITAKER
lenyon.whitaker@metro.us

Facebook will have a new Privacy Shortcuts menu available soon. GETTY IMAGES

Facebook announced Wednesday it will update its privacy settings to make it easier for users to control what kind of personal information is shared on the social network and its related apps.

The social media giant said it heard "loud and clear" that Facebook privacy tools and other settings related to user data have been hard to find for many users. The company wants to change that.

Facebook said it will give users more control over their privacy and will roll-out these changes in the next few weeks.

A lot of the Facebook privacy changes have been in the works for some time, according to the social network, but the recent privacy scandal has forced the company to push these updates to the top of their lists.

Facebook privacy settings update: What to expect?

To make Facebook privacy settings more accessible to users, Facebook has redesigned their Settings menu on mobile devices. In the previous version, settings were spread across almost 20 different screens, making it nearly impossible to get to your personal data settings to make necessary changes.

There is a new Privacy Shortcuts menu that will become available which will allow users to control their data with just a few taps when using a mobile device. The new Facebook privacy shortcuts will make it easier to revoke access to those third-party apps and add-ons that could be using your data.

In addition to making settings easier to find, Facebook says it will allow users more control over what is shared on the platform. Facebook claims it will be easier to see all the posts you've shared or reacted to and easier to delete if you want. Facebook claims it will also let you have more control over what ads you see and let you manage the information they use to determine what ads Facebook shows you.

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If you're looking to buy the last naked Trump statue, here's your chance

If you've ever wanted to decorate your living room with a lifelike sculpture of the president, here's your chance.

LENYON WHITAKER
lenyon.whitaker@metro.us

There is one naked Donald Trump statue remaining and it will be available to the highest bidder.

Julien's Auctions has announced it is selling the naked Trump statue May 2. According to the auction house, it is the last one in existence and is estimated to sell anywhere between $20,000 to $30,000. That's right, one lucky person could take home a naked Trump statue to decorate their living room.

A last remaining nude statue of President Trump is going up for auction in May. GETTY IMAGES

The Trump nude statue, titled "The Emperor Has No Balls," was created by anarchist art collective Indecline and began popping up in cities before the 2016 election. Only five were created and they were placed in public locations in San Francisco, Los Angeles, Cleveland, Seattle and New York City.

As people caught wind of the guerrilla art pieces, they quickly went viral on social media.

Julien's Auctions said the naked Trump statue is part of a first-ever street art auction that will be held at Mana Contemporary in Jersey City. The Trump statue will sit alongside works by Banksy, Andy Warhol, Jean Michel Basquiat and Keith Haring.

How to bid on a naked Trump statue

If you're interested in getting the last naked Donald Trump sculpture, you need to sign up for this once-in-a-lifetime opportunity.

According to Julien's Auctions, there are four ways you can bid on items at the auction. You can bid on items in real time by visiting JuliensLive.com, bid by phone, visit the auction house and bid in person, or you can enter an absentee bid.

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All the places John Bolton wants to bomb

Here's why the appointment of President Trump's new adviser has been met with national insecurity.

MICHAEL MARTIN
letters@metro.us

President Donald Trump's naming of John Bolton as national security adviser has been met with alarm.

The reason for the increase in the nation's Xanax stockpile: Bolton has expressed radically hawkish views, at times advocating for military action — before and instead of diplomacy.

Here is a rundown of places where Bolton has, at various times, advocated bombing first and asking questions later.

North Korea

"The threat is imminent, and the case against preemption rests on the misinterpretation of a standard that derives from prenuclear, pre-ballistic-missile times," he wrote in The Wall Street Journal. "It is perfectly legitimate for the United States to respond to the current 'necessity' posed by North Korea's nuclear weapons by striking first."

Iran

In 2015, Bolton wrote a piece for The New York Times titled, "To Stop Iran's Bomb, Bomb Iran."

"An attack need not destroy all of Iran's nuclear infrastructure, but by breaking key links in the nuclear-fuel cycle, it could set back its program by three to five years. … Time is terribly short, but a strike can still succeed."

Syria

In a March 7 Fox News interview, Bolton was asked whether the U.S. is moving "toward a conflict with Iran and Russia in Syria." He replied, "I think that's one possibility."

John Bolton has held hawkish views.
WIKIMEDIA COMMONS/PUBLIC DOMAIN

"It may come to that," said Bolton later on Fox, "and it would be justified, in my view, as the president's first airstrike was."

Russia, possibly

In a March 1 interview on Fox News, Bolton responded to the report that Russia is developing nuclear weapons that could overcome the U.S. missile defense system.

"I think this is a further effort to see whether the Trump administration will push back. And I think it needs to," he said. "I think there needs to be a strategic response to this, to help give confidence to our friends in Europe and around the world."

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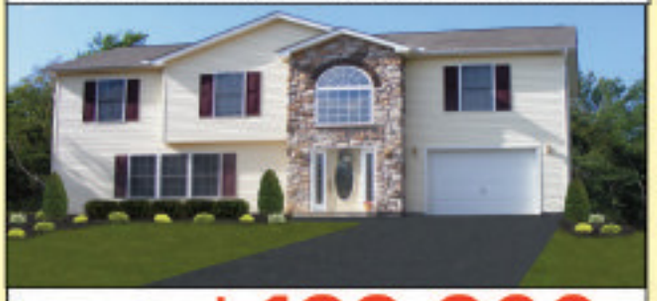

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Why Are So Many Knee Ar
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New York Doc's Merge Best of High Te

Fraction of the cost, less medical risk, little to no downtime and ofte

Hundreds of worst arthritis sufferers from tri-state are

By Matt Edgar

America's Health Writer

New York City - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

"We all know that countless lives are being saved every year because of early detection and better treatment" noted one of the doc's at ***NYC Pain MD*** in New York City. "*The same holds true for treating arthritis pain. I believe we are having so much success at* ***NYC Pain MD*** *because of two factors: One is we are using advanced medical technology and treatments many clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to trying to avoid or at the very least delay knee replacement surgery is doing the correct treatment as soon as possible".*

What is the "correct treatment?"

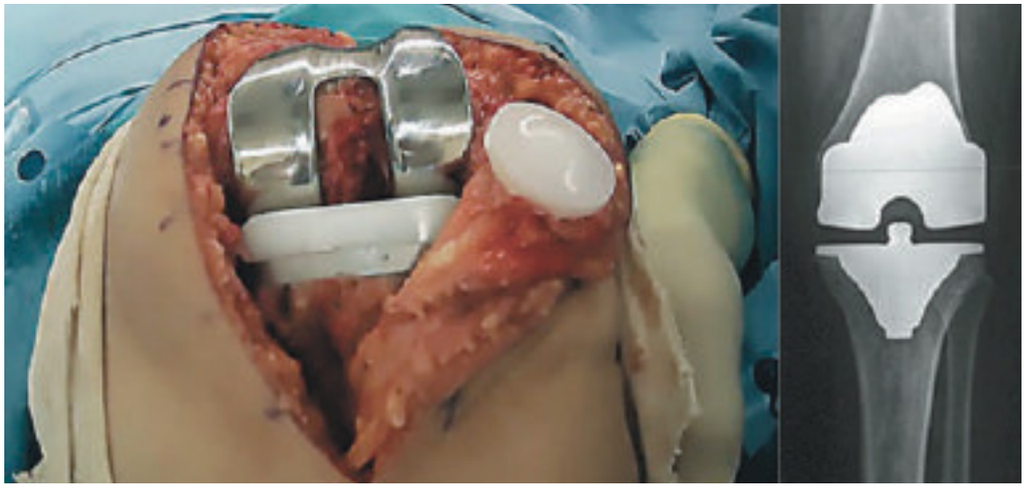
"That depends," noted the doc. *"There is no one answer when it comes to medical conditions. Knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day,"* he added.

For many knee arthritis pain sufferers the right treatment is Viscosupplementation whereby an FDA-approved preparation of Hyaluronic acid - a gel-like medicine is - applied ultra-precisely and virtually painlessly into the knee joint using *Precision Arthritis Targeting Technology.*

Hyaluronic acid is the natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosusupplementation gets the best results and is so important when trying to avoid surgery.

The director of treatment believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space precisely. That's why the doctors at ***NYC Pain MD*** use advanced imaging technology to apply *Precision Arthritis Targeting* during every treatment.

A device called the "C-Arm" allows the doctor to see into the joint and actually watch the medicine be applied exactly where it is supposed to.go. Research shows that performing procedures without Precision Arthritis Targeting (P.A.T.T.) can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without Presision Arthritis Targeting Technology and did not get good results - this may be why.



Can This Be Avoided? Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife

Normal Pain-Free Knee Joint

Everyone Wants Proof:

In the artist simulated drawings, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.

Knee With Painful Arthritis

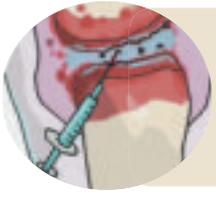
Pain -

Illustration shown is a knee joint with painful xosteo-arthritis. Arthritis causes the joint space to decrease, grinding, stiffness, decreased motion, bone spurs, swelling and a lot of pain.

Research Shows Doctors Miss The Joint Space Up To 30% Of The Time Without Advanced Imaging

Failed Treatment -

The injection (Lubrication medicine) misses the joint space. Research shows this occurs up to 30% of the time without the use of the digital imaging to guide the injection. This is why lubrication medicine may not have worked for you



Lubrication Medicine Injected Directly Into Knee Join Like "Joint Oil" using Precision Targeting Technology

Successful Treatment -

Successful Treatment - Lubrication Medicine (blue) being precisely injected directly into the knee joint using digital imaging. Advance imaging allows treatments to be as precise as possible. Lubrication medicine can lubricate the joint and decrease pain.

thritis Sufferers Choosing dures Before Surgery?

ch Medicine And All Natural Treatments

n covered by insurance amongst top reasons for high patient demand... a call weekly to find out if treatment may be right for them

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because thousands of knee pain sufferers have flocked to the ***NYC Pain MD*** New York City for their brand of treatment.

Viscosupplementation is unique because - even-though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid technically) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it can be excruciating.

Like "Joint Oil"

Viscosupplementation works so well because it is like 'joint oil." It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated. They have also developed medical lubricants that are also natural but made a bit like yogurt and "cultured" into highly effective arthritis pain-fighting medical lubricants.

But...when introduced directly into your knee joint, it is like squirting oil on a rusty door hinge.

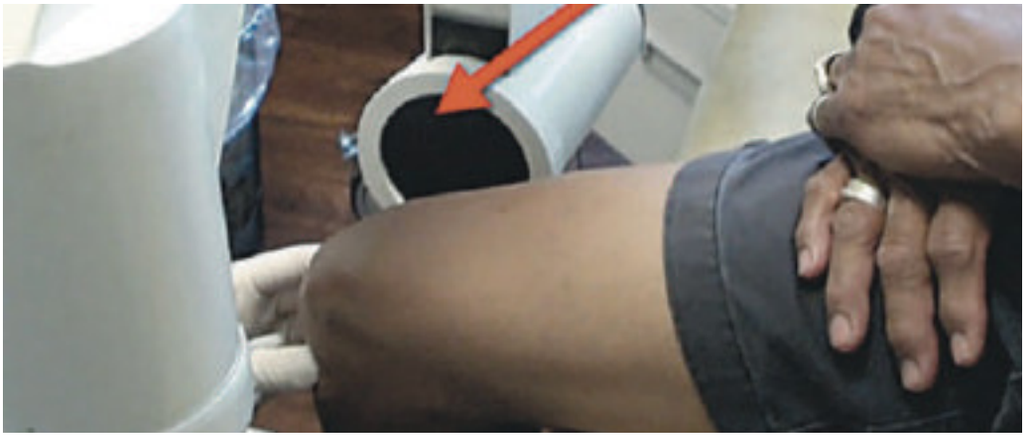
Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get viscosupplementation from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

Why You Should Try This Even If You've Already Had Similar Treatments Without Results...

"We have been able to help so many knee pain sufferers even many who have already tried other treatments like Synvisc, Supartz, Orthovisc and even Hyalgan. This is because our treating doctors always use ***"Precision Arthritis Targeting Technology".*** *This allows us to place he Viscosupplementation exactly where is needs to be. Studies show doctors doing joint injections without Technology can miss the joint up to 30% of the time.".*



Advanced Medical Technology Can Make All The Difference: This advanced Precision Arthritis Targeting Technology using fluorososcopic imaging allows doctors to see directly into the knee joint so treatments are precise and the FDA approved lubricating medicine actually goes EXACTLY where it is supposed to. Studies show that procedures done without this technology can miss the joint up to 30% of the time. This is one reason Viscosupplementation may not have worked for you in the past. *NY Pain MD* used this P.A.T. Imaging Technology with each and every treatment.

"***NYC Pain MD*** is a state of the art medical facility offering the best technology".

And that's not all . . .

"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years or more for some patients.. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. After getting treatment and feeling better, many patients have decided to cancel their total knee replacement surgeries." added one of the clinic's doctors.

How To Find Out If It Can Help You?

If you have knee pain, the ***NYC Pain MD*** doctors would like to see if you do qualify for a No-Cost, No-obligation screening to see if you may be candidate for their treatments using *Precision Arthritis Targeting Technology.*

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All you have to do is call 800-885-KNEE (5633) right now. However, due to extremely high call volume, you may not get a live scheduling coordinator. In that case, do NOT hangup. Just leave a message with your name, phone number and best time for us to reach you. A patient coordinator will get back you as soon as possible to find out if you qualify for the no-cost screening and then find you an appointment time.

And here's something really important -
Viscosupplementation treatments are covered by many insurances, union plans ... even medicare. So, to schedule your no obligation screening or if you have any questions -

Call: 800 885 KNEE (5633)

Are You Qualified For Knee Arthritis Screening With *NYC Pain MD? Find Out Today*

- Do you have pain and osteoarthritis (arthritis) of the knee?
- Have you tried other treatments such as NSAIDS and other anti-inflamatory medications without success?
- Have you already tried viscosupplemention (Hyalgan, Supartz Synvisc) without satisfactory results?

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Exactly how much water should you drink a day?

You probably need to drink less water than you think.

MEAGAN MORRIS
letters@metro.us

Water is the driving force in everything we do — and it makes up 60 percent of our bodies. It lubricates joints, helps flush waste out of our organs and keeps our body temperature regulated.

And, contrary to what your friend who "never drinks water" says, you have to have it or you'll die within a few days.

"You can go 100 hours without drinking at an average temperature outdoors," Claude Piantadosi of Duke University told Fox. "If it's cooler, you can go a little longer. If you are exposed to direct sunlight, it's less."

So how much water should you drink? The answer: It depends on a number of factors, including how much you sweat and the temperature.

According to the National Academies of Sciences, we get about 20 percent of our daily water needs through our diets — and it counts. ISTOCK

"Under extreme conditions an adult can lose 1 to 1.5 liters of sweat per hour," Randall K. Packer, a professor of biology at George Washington University, wrote in an article for Scientific American.

You've probably heard that you should be drinking 64 ounces of water a day (8 ounces of water, eight times a day). However, science shows that might actually be more than you need.

The National Academies of Sciences suggest that women get a total of about 92 of water a day, while men need about 128 ounces.

Wait, aren't 92 and 128 more than 64? Yes, but that number takes into account water you get from foods, along with the water in other beverages like coffee, soda and beer. According to the National Academies of Sciences, we get about 20 percent of our daily water needs through our diets — and it counts.

"The vast majority of healthy people adequately meet their daily hydration needs by letting thirst be their guide," advises the National Academy of Sciences.

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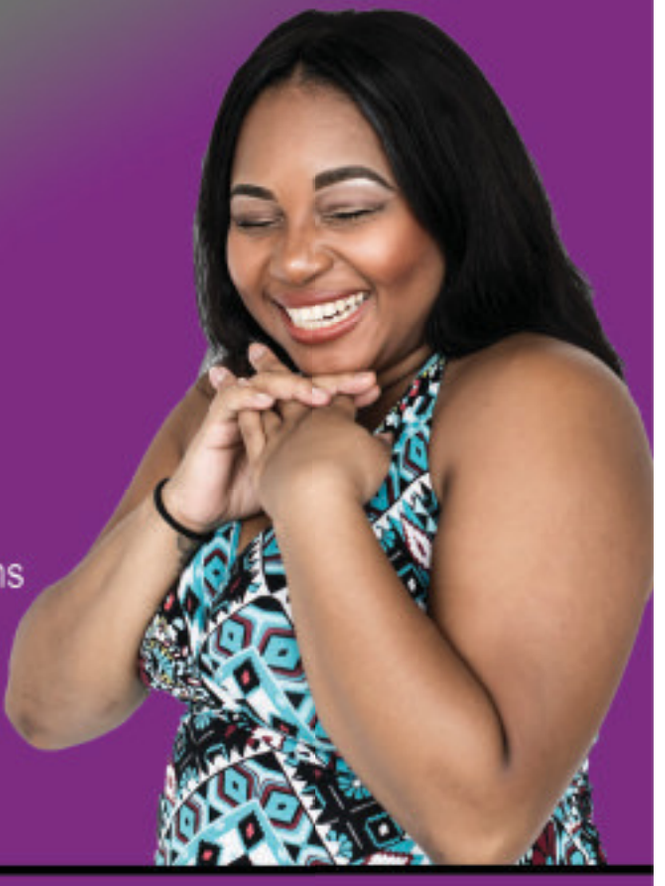

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Experts: Focus on a healthy diet instead of juice cleanses

Do juice cleanses work? Depends on the meaning of "cleanse" and "work."

MICHAEL MARTIN
letters@metro.us

A new analysis finds that juice cleanses may not be useful. ISTOCK

Every era has a question for the ages. Such as, where does lightning come from? What is relativity? And today: Do juice cleanses work?

As omnipresent as the juice cleanse is, it's closer to an urban legend than actual science, two experts said.

Are they dangerous? "Generally not, depending on your health at the start, but neither are they useful," says Mark Bittman and David L. Katz in New York magazine.

Do juice cleanses even work? "The general claim is that they actually do 'cleanse' you — but of what? The body detoxifies itself daily; that's a primary job of the liver and the kidneys, and they are really good at it."

You're better off following the boring old recommendations. "You want to take good care of your liver and kidneys, gut, and immune system. That's a far better 'cleanse' than any juice," Bittman and Katz said. "That means eating well, not smoking, exercising, sleeping enough, managing your stress and so on."

If you're looking to revamp your diet in anticipation of swimsuit season, then, too, should you look to time-tested wisdom. "The definition of a healthy diet has been clear for some time," the experts say. "In fact, the basic theme of optimal eating — a diet made up mostly of whole, wholesome plant foods — has been clear to nutrition experts for generations."

"What does change all the time is the fads, fashions, marketing gimmicks, and hucksterism. How do you avoid the pitfalls of all that? Focus on foods, not nutrients."

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					2 people	$21,086 - $30,560
	2 bedroom	$676	1	→	2 people	$25,166 - $30,560
					3 people	$25,166 - $34,360
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	1 bedroom	$720	5	→	1 person	$26,640 - $33,400
					2 people	$26,640 - $38,200
	2 bedroom	$870	8	→	2 people	$31,818 - $38,200
					3 people	$31,818 - $42,950
					4 people	$31,818 - $47,700

100% AREA MEDIAN INCOME (AMI) UNITS	Unit Size	Monthly Rent[1]	Units Available		Household Size[2]	Annual Household Income[3] (Minimum – Maximum)[4]
	Studio	$996	21	→	1 person	$36,035 - $66,800
	1 bedroom	$1,254	22	→	1 person	$44,949 - $66,800
					2 people	$44,949 - $76,400
	2 bedroom	$1,511	46	→	2 people	$53,795 - $76,400
					3 people	$53,795 - $85,900
					4 people	$53,795 - $95,400

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	2 bedroom	$1,706	6	→	2 people	$60,480 - $84,040
					3 people	$60,480 - $94,490
					4 people	$60,480 - $104,940
	3 bedroom	$1,965	2	→	3 people	$69,909 - $94,490
					4 people	$69,909 - $104,940
					5 people	$69,909 - $113,410
					6 people	$69,909 - $121,770

[1] Tenant pays electricity
[2] Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.
[3] Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.
[4] Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.

How Do You Apply?

Apply online or through mail. To apply online, please go to nyc.gov/housingconnect. To request an application **by mail, send a self-addressed envelope to: Webster Commons D c/o The Wavecrest Management Team, 87-14 116th Street, Richmond Hill, NY 11418.** Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

When is the Deadline?

Applications must be postmarked or submitted online no later than **May 28th, 2018.** Late applications will not be considered.

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Fame. Fortune. *And Murder.*

Lola Kirke and John Cho talk their new film, "Gemini," and the perils of social media.

RACHAEL VAUGHAN CLEMMONS
rachael.clemmons@metro.us

Lola Kirke and John Cho bring the drama. ALL PHOTOS NEON

Lafayette Grand Cafe and Bakery is a bit labyrinthine, ominous in its sheer ostentation. And I mean that as a compliment. In fact, the ornate, Époque-style brasserie is the perfect place to find oneself sitting in between John Cho — looking very fashionable and very handsome indeed; and Lola Kirke — who looks, in the best way possible, like sentient, very glamorous cotton candy, decked out in pink gingham, a pink cardigan and delightfully witchy boots — on a chilly morning.

We're talking "Gemini," the sexy neo-noir film that stars Kirke as celebrity assistant Jill LeBeau, who is knee deep in the investigation of a heinous crime. And Cho shows up as Edward Ahn, the detective who is certain she did it.

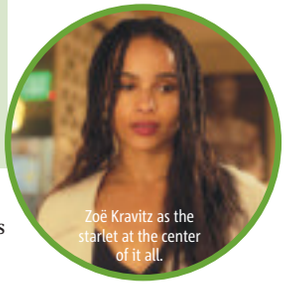
How do you manage toeing the line between presenting your full self on social media and keeping some parts to yourself?
Lola Kirke: I didn't have Instagram for the first two years of my acting career, until I started playing music and putting that into the world. And I made these boundaries with myself: I wouldn't have Instagram on my phone, it would only be on my iPad, which only works with WiFi, so I couldn't look at it. Because the guy that created likes? He doesn't have Instagram, or any social media, because he knows that he's injected a poison into the human community. So I knew that I would be constantly looking for the affirmation that I was using it [constantly].

I think what Instagram creates is a second self and a lot of people confuse that second self as the self. And in the film, Heather (Jill's celebrity boss, played by Zoe Kravitz) starts with checking to see how she looks in a picture a fan takes of her — and it's an inconsequential fan photo that she's probably done a billion of in her entire life. I think everybody, famous or not, is affected by the boundlessness of social media.

Review

"Gemini" is a neo-noir murder mystery that crafts a slick, stylish story from bits and baubles of almost every genre before it, while musing on fame and intimacy. The end brings a clever, unexpected twist — but does nearly nothing with it, the last few minutes of the film falling flat. But mostly, it's solid, chic and pleasantly enjoyable.

John Cho: "Gemini" refers to the theme of the twin. and I happen to think that the online life is our twin. It sounds poetic, but it's kind of mechanically true: This other being is now us and it's in the cloud and immortal. And that being is superior because it outlives us, so naturally we consider that more important than what we're doing right here. And everyone has access to [that] now, so the lines between celebrity and not celebrity are blurred. I think famous people have to kind of up our exposure in a way that we didn't have to 50 years ago.



Zoë Kravitz as the starlet at the center of it all.

Audiences expect a lot more off screen.
LK: Well now, to be an actor without social media is kind of elitist. The actors that I can think of that are super successful that don't have [social media] have Oscars. They don't need this unfiltered communication between themselves and their audience because the audience is going to pay attention to them anyway. As an actor, I'm doing my best when I can disappear into a role and you don't know who I am. It can be really hard to know too much about a person and then see them in a movie. It's f—king weird that we have to do it.

There's an intimacy, but there's a balance between a false sense of intimacy and putting just enough of yourself out there so that it's still palatable.
JC: Another way to read it is that the game is intimacy, which is another theme of the movie. Illusory intimacy versus real intimacy. What it intimacy today?
LK: The reality of extreme fame is that your life actually becomes very, very small. We live in a culture that privileges fame so much so as to cannibalize it, almost. I'm so fascinated about the way that this movie opens the conversation of how fame functions in the 21st century. Through social media, fame has taken on an entirely new function, where it's available to anybody who wants it badly enough — but it's not available at all and not really fulfilling. And it's becoming a lot more meaningless.

"Gemini" is in theaters on March 30.

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Mark Rylance and Simon Pegg as the creators of the OASIS WARNER BROS

'Ready Player One' is the ultimate blockbuster Easter Egg hunt

A virtual reality world in 2045 looks scarily like the here and now. Metro speaks with actor Simon Pegg.

GREGORY WAKEMAN
Gregory.Wakeman@metro.us

Despite the fact that "Ready Player One" is his third collaboration with Steven Spielberg, Simon Pegg is still astonished any time he's in the room with the legendary director.

And wouldn't you be, too?

I spoke to Pegg about Spielberg's latest blockbuster "Ready Player One," in which he plays the co-creator of the OASIS, a video game that the people of 2044 have become so obsessed with they spend every waking moment in it, during which time he insisted that we are basically living "in the dystopia of the film now."

Was it Spielberg or the book that first attracted you to "Ready Player One"?

It was Spielberg, really — I'm always excited to work with him. It's important to stay connected to those emotions; otherwise you just get jaded. I've known him for 10 years now, and still get excited when I see him, or he walks in the room. He's had such a lasting effect on my cultural tastes and he has shaped my love of movies, and that will always be the case.

"Ready Player One" is very much about the human behind these creations, though.

That's what it's all about. Much has been made about the self-referential moments, like it's a game of post-modern bingo. But there's much more to it than that, in terms of what it's saying about personal interactions and our interactions with each other. It feels like we're in the dystopia of the film now, what with social media, and we're constantly projecting a constructed version of ourselves online — that's where we live and the truths we create online are not entirely honest.

GETTY

And I feel like the film is saying that's not such a good thing.

Is the point that there are no references past 2018 because pop culture has stagnated?

It's quite a smart design. The creator of the game is a clinical nostalgist. He can't leave his own past because that's where he's his most comfortable. The reason there isn't any pop culture references after that time is that Halliday wasn't interested in it. And I think that's kind of saying something about now. We're very inclined to look back. If you look at everything that occupies the mainstream of popular culture right now it is all reboots and remakes. We should be creating popular culture for the now. But we're not. We're just trying to re-create stuff we've already seen. The more we pander to that the more likely we are to stay in our comfort zone.

"Ready Player One" will be in theaters March 30.

"Ready Player One"

●●●◐○

You get both the best and the worst of Spielberg in this movie. It's big (cost $175M to make), it flows, and the attention to detail and visual references to pop culture are incredible. While clunky at the start, the film gets there in the end and is worth the journey.

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Everything you need to watch in *April*

There are a whole bunch of shows coming to the small screen in April. A slew, if you will. But if you need help choosing what to watch, we've got you. Here are the five series you absolutely cannot miss — including a mandatory mega-live event this Sunday. No excuses! **RACHAEL VAUGHAN CLEMMONS**

"Jesus Christ Superstar Live in Concert"

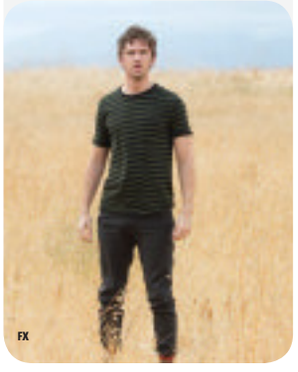
TVs current obsession with live renderings of classic musicals has mostly been horrible. What makes "Jesus Christ Superstar" different? John Legend , who stars as the titular hunky Savior. A hunky, *black* Jesus. Sign us up, please and thank you and good night.

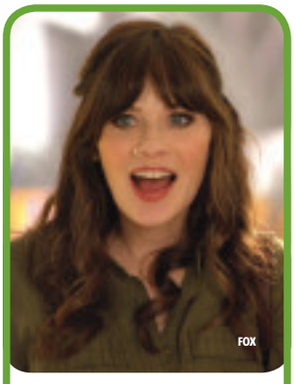
"Jesus Christ Superstar Live in Concert" premieres April 1 on NBC.

"Legion"

The first season of "Legion" gave us mouth-watering performances from the likes of Dan Stevens, and somehow managed to make the familiar Marvel landscape surprising. This season? Expect more of the same — but somehow, even trippier. Oh, and, thank goodness, with even more dancing.

The second season of "Legion" premieres April 3 on FX.





"New Girl"

"New Girl" was fun while it lasted — and it lasted for a whopping seven seasons. For its last hurrah, the Fox show will go out with a four-year time jump and an abbreviated eight-episode season. It's about time for these delightful hooligans to grow up, and we have to admit: They'll be missed.

The final season of "New Girl" premieres April 10 on Fox.

"Westworld"

What is there to say that hasn't been said about "Westworld"? The show premiered in 2016, bringing with it an epic, limitless world with plenty of mysteries to go around. And we're guessing the series' second season will be even more explosive — it's not quite enough to say Dolores Abernathy (Evan Rachel Wood) closed out the season with a bang, now is it?

The second season of Westworld premieres April 22 on HBO.

"The Handmaid's Tale"

The second season of "The Handmaid's Tale" promises to expand the world of Gilead, for better or for worse. Darker days are ahead for our favorite handmaids. Will they survive under the oppressive, all-too-real patriarchy of the near future? Not without a fight.

The second season of "The Handmaid's Tale" premieres April 25 on Hulu.

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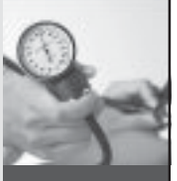

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Everything you need to know about Peeps

Their weekend to shine's almost here. PROVIDED

Something to chew on this Easter weekend.

JENNIFER LOGUE
jennifer.logue@metro.us

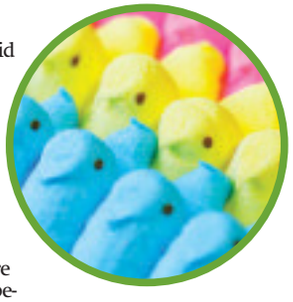
It just wouldn't be Easter without Peeps — those adorable, (usually) chick-shaped marshmallow treats. They make those flammable plastic grass-filled baskets extra colorful, with pops of pink, lavender, the original yellow and more. But did you know that Peeps, which are beloved all over the country, were first hatched in New York? What's more, this iconic candy celebrates its 65th anniversary this year.

With a few days to spare before Easter, here are 11 things to know before you get chicky with one this weekend.

1 Peeps have been the No. 1 non-chocolate candy sold at Easter for the past 20 years.

2 Watching your calorie count? Can't have gluten? Each Peeps chick and bunny has just 28 calories, 0 grams of fat and is gluten free. Hurray!

3 Just Born (the company that produces Peeps) was founded by Sam Born in 1923 in New York, but the company moved to Bethlehem, Pennsylvania, in 1932.



4 In 1953, it took 27 hours to create one Peeps chick, because it was done by hand with a pastry tube. Today, thanks to the founder's son, Bob Born, and technological advances, it takes only six minutes.

5 Roughly 5.5 million Peeps are produced daily, amounting to a total of two billion Peeps produced per year.

Your sweet treats date back to Betty's beginning. GETTY IMAGES

6 Just Born produces enough Peeps in one year to circle the earth two and a half times.

7 Peeps have a lot of celebrity fans, including Reese Witherspoon, Cher, Katie Lee, Bethenny Frankel, Justin Bieber, Miranda Cosgrove, Joe Jonas and Dove Cameron.

8 Peeps come in different shapes (like bunnies, for example), but four out of every five Peeps purchased are chicks.

9 Betty White was just a year old when Peeps opened its doors in 1923.

10 It would take over 21 million Peeps to equal the weight of the Statue of Liberty.

11 Peeps are only the second most popular confection produced by Just Born. They also bring us Mike and Ike's when it's movie time.

For more information on Peeps, visit: marshmallowpeeps.com But we know you'll just be looking to bite off a sugar-topped marshmallow head or two on Sunday instead.

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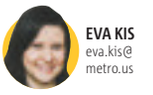
What you'll find at Smorgasburg

Donburi bowls from Japan, Canadian butter tarts and pastries from an Eleven Madison Park chef are just the beginning.



EVA KIS
eva.kis@metro.us

Your favorites, as well as some interesting imports LOBSTERDAMUS

things to do

New York City's biggest — and still best — outdoor market, Smorgasburg, returns this Saturday (Williamsburg's East River State Park) and Sunday (Prospect Park's Breeze Hill) for its eighth season, and brings along 14 new vendors.

Of the 100 or so vendors at each market, over a dozen are new this year, including two from Smorgasburg's Los Angeles outpost.

Here's the full list of new vendors and what to expect:

504 HN Market: Traditional Honduran baleadas: fresh flour tortillas topped with refried beans and Honduran cheese and cream, plus various toppings like avocado, eggs and chorizo

Big Mozz x DO: Deep-fried cookie dough

Bonsai Kakigori: Japanese shaved ice made in a vintage machine (so Brooklyn) in flavors like Strawberries & Cream and Matcha Persimmon

Boutros: Lebanese-style pork shawarma tacos and bulgur fried rice (Williamsburg only)

Bread & Monkey: Jack Greenleaf, a 14-year-old high school freshman, brings a banana bread stand to the market in plain and chocolate chip flavors (Williamsburg only)

Btarts: Canada's favorite dessert, the butter tart, flies south

Dashi Fried Chicken: Korean fried chicken served with housemade dipping sauces

Frico Italia: A traditional Italian "pie" made with potatoes and three Italian cheeses, pan fried for a crispy crust and a creamy interior

Himalayan Horizon: Shabaley is a circular fried dough pocket filled with buffalo, beef or potatoes (Williamsburg only)

King St. Kitchen: Baked goods from a former pastry chef at Eleven Madison Park like a peanut butter + chocolate fudge brownie

Lobsterdamus: Direct from Smorgasburg Los Angeles, Lobsterdamus mesquite grills whole lobsters, topping them with garlic butter, lemon and parsley and served over noodles, plus lobster truffle fries and lobster nachos

PopdUp: Also from Smorg LA, PopdUp makes cold brew teas from leaves sourced from Taiwan and steeped for 24 to 48 hours

Ya Ya Noodz: Szechuan rice noodles steamed and rolled with fillings like shrimp, pork and butternut squash.

Yoshimoto Fish Company: Donburi bowls served with sushi rice and imported fish like fatty tuna, salmon, herring roe, sea urchin, red snapper, squid, octopus and more (Williamsburg only)

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The Lambs Club

Benoit

Bunny hop into these Easter brunches

No rabbits were harmed in the making of this roundup of fun brunches for Easter Sunday. **EVA KIS**

Fifty

Try lamb four ways at Fifty in the West Village, where chef Luis Jaramillo will recreate the traditional Easter feast of Ecuador. The family-style lamb feast includes roasted leg, housemade sausage, curry dusted T-bone and stout-braised tomato lamb meatballs, served with a selection of sauces and spring-themed sides. *$70pp, 11 a.m.-9 p.m., 50 Commerce St., fiftyrestaurantnyc.com*

Benoit

Give the kids something better than store-bought candy for Easter at Benoit. Alain Ducasse's modern French bistro in Midtown is serving a family-friendly brunch that includes a Madeleine workshop for the kids with the restaurant's pastry chef. Go à la carte or try the three-course Easter brunch special that includes the workshop for $55pp and dishes like smoked leg of lamb and a strawberry-rhubarb dessert. *60 W. 55th St., benoitny.com*

Covina

If you're not down with eating rabbit on Easter (seems unlucky somehow, no?) then how about drinking a cocktail named after one? This Sunday at California-inspired Covina, order a Roger Rabbit (Smith & Cross rum, lemon, creme de cassis, sugar, nutmeg) before getting into brunch dishes like a smoked Wagyu brisket reuben, Hungarian potato fry bread and Italian donuts. *127 E. 27th St., covinanyc.com*

Green Room 42

Groove with "undie rock" sensations The Skivvies, who'll serenade you in their finest underthings for Easter Sunday at Green Room 42. The Theater District's Broadway-themed concert venue serves a full Mediterranean-style menu (not to mention cocktails) while you enjoy the most fun you can without taking all your clothes off. *$20-$40, 3 p.m., 570 10th Ave., fourth floor, thegreenroom42.com*

caption CREDIT

The Lambs Club

No need to go hunting for eggs at Geoffrey Zakarian's The Lambs Club. Spend a leisurely brunch grazing on their Grand Buffet with housemade pastries, a raw bar, carving station as well as hot and cold brunch classics. At the end of the meal, each table receives a giant chocolate egg cracked tableside to reveal candies and more goodies. *$85 adults, $65 kids, 132 W. 44th St., thelambsclub.com*

Irvington

Union Square's casual New American restaurant Irvington is doing some egg dyeing of its own — on the plate, with a complimentary amuse bouche of Beet Angeled Eggs served with charred spring onion and pimenton. The entire brunch menu is available, including two Easter specials: Pea Greens Salad with ricotta and a rotisserie leg of lamb with roasted asparagus, new potatoes and oregano gremolata. *201 Park Ave. S., irvingtonnyc.com*

Coco & Cru

Easter Bunny didn't bring you anything? Coco & Cru did. The Aussie all-day cafe in Greenwich Village will greet you with a glass of prosecco, then end your meal with their light-as-air fudge brownie with whipped cream and berries. In between, their small kitchen turns out any brunch dish you can think of: breakfast bowls, pancakes, omelets, sandwiches. *643 Broadway, cocoandcru.com*

Le Coq Rico

Egg connoisseurs should head to Le Coq Rico, where all Easter weekend they'll be serving a Pastel Brunch with a wide range of eggs, from several species of heritage hens to duck and guinea fowl in a rainbow of colors from terracotta to vivid blue-green and dark chocolate. *A la carte, 30 E. 20th St., lecoqriconyc.com*

Narcbar

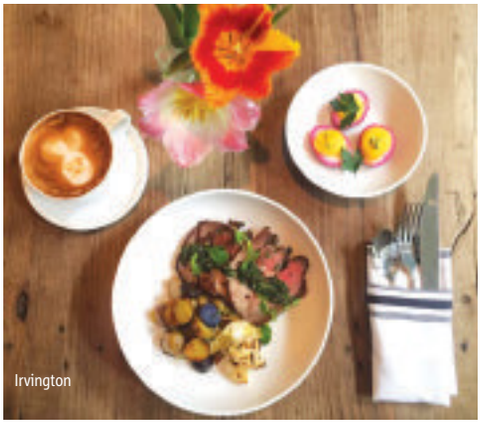
A roaming drag bunny will preside over the fun at The Standard, East Village's narcbar. Try your luck at Drag Bunny Bingo Brunch, with games at noon and 3 p.m. and egg hunts in the garden at noon and 2 p.m., plus beats by DJ Vito. *25 Cooper Square, narcbar.com*

Aquavit

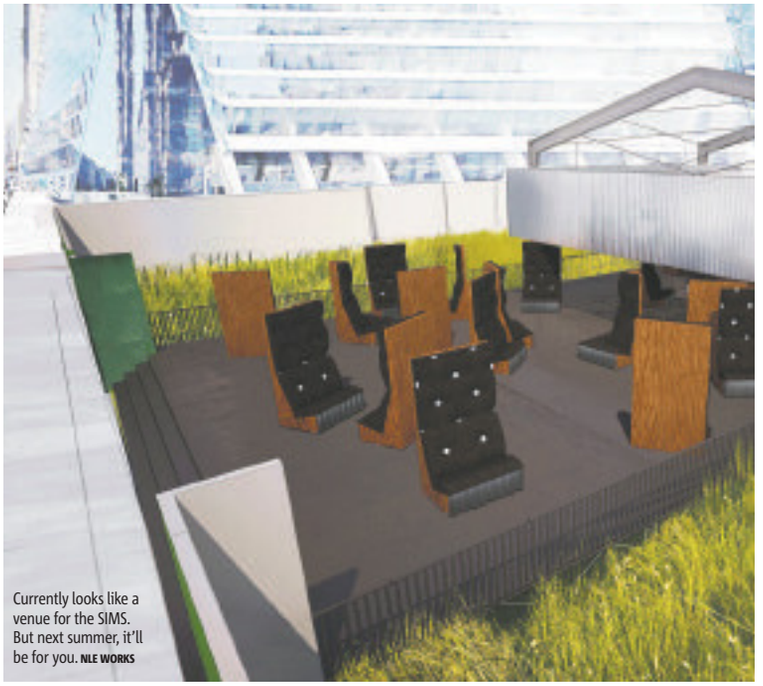
Try Swedish Easter at Aquavit, where chef Emma Bengtssonof will roll out her two Michelin-starred Smörgåsbord brunch full of traditional dishes such as pyttipanna (potato hash), Jansson soup, ostkaka (custard cake) as well as favorites like rack of lamb. *$105pp, noon-2:30 p.m., 65 E. 55th St., aquavit.org*

The Roger Rabbit **COVINA**

Le Coq Rico


Irvington

Azealia Banks will be getting the party (venue) started. GETTY



Currently looks like a venue for the SIMS. But next summer, it'll be for you. NLE WORKS

12-day music fest to open up The Shed

The Shed will be city's new arts hub come 2019. Until then, prepare for a 12-day music festival in Hudson Yards this spring.

LINDA LABAN
letters@metro.us

In 2019, New York City will have a glittering new hub for young artists from dancers to musicians to painters and beyond to hone their craft called The Shed.

We won't have to wait that long to see what will come out of its studios though. To introduce itself to the city, The Shed will host a free 12-day festival this spring, appropriately titled Prelude to The Shed.

Headlining the music and arts festival will be New York City's own Azealia Banks, with additional concerts by R&B singer ABRA and EDM DJ/producer Arca.

Among the many performances will be a new piece by premier ballet choreographer William Forsythe, a radical reimagining of his renowned "In the Middle, Somewhat Elevated" (1987). And prepare to be enchanted by choreographer Tino Sehgal's immersive dance/sound piece, "This Variation."

"I was very keen to not wait three years and then open and expect everyone to come as if by magic," says Alex Poots, founding artistic director and CEO of The Shed, which is already two years in the making and will open as part of the massive Hudson Yards development underway on Manhattan's west side.

"We wanted to introduce what we're doing on a smaller scale. Also, I am building a team from scratch, so it's a tryout for us working as a team."

Prelude to The Shed will show off the kind of innovative programming and range of artistic disciplines that will be developed at The Shed, which aims to work with established as well as new artists on radically new ideas.

"We might reimagine a classic, but our focus is on new work and across all art forms: from visual to pop," says Poots. "People will see a convergence of art forms in a space that can adapt itself to that."

Already lined up for commissions at The Shed are A-listers like Steve McQueen, Quincy Jones, Sia, opera star Renee Fleming and British actor Ben Whishaw.

Poots previously served as art director of the Park Avenue Armory, and before that at the U.K.'s Manchester International Festival, where he gained a reputation for bold artistic pairings and was awarded a CBE, Britain's highest honor contributions to the arts and sciences.

The Edinburgh native emphasizes that The Shed is about art for the masses, not the elite, so among his first steps was offering free city-wide dance classes to schoolchildren through a program called FlexNYC. There will be a FlexNYC performance at Prelude under the direction of choreographer Reggie "Regg Roc" Gray and his D.R.E.A.M Ring dancers (Dance Rules Everything Around Me).

As New York City is well served with artistic institutions, bolstering young talent is a major part of The Shed's focus.

"There's a range of centers of excellence in New York, and we met with leaders from many of them," says Poots. "They feel very comfortable with what we're doing because we're doing something they don't do.

"There are things we can do that they can't; and there are things that they can do that we can't. We don't have the same endgame. That's where The Shed offers something unique. We exist in the spaces between art forms."

Prelude to The Shed runs May 1-13 at 10th Avenue and 30th Street. Tickets are free and available starting in early April. For more information, visit theshed.org.

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MUSIC

Bowie Soundtrack

This Thursday, the Brooklyn Museum hosts a fabulous mashup of classic '80s rock and contemporary instrumental music with Burnt Sugar the Arkestra Chamber. The soul, jazz and hip-hop band will play experimental covers of David Bowie's hits. "Bowie Soundtrack" belongs to a series of events complementing the museum's David Bowie Is exhibit, which runs through June 15 and features unprecedented access to artifacts from the artist's private collection.
March 29, 7-9 p.m., Brooklyn Museum, 200 Eastern Parkway, Brooklyn, $16, brooklynmuseum.org

Mix 30

Mix 30 is a weekend-long film fest celebrating all things LGBT, and even goes beyond the big screen with live performances and talkbacks. The fun kicks off with an opening night reception featuring a full-length film about drag queens in love making a home for their art in Bushwick (Sisters of the Wicked Wig). Other films touch on a mix of social justice issues and subverted genre tropes; tickets are per showcase or by night.
March 29-April 1, multiple locations & times, $16-$30, mix30nyc.org

THEATER

"Leisure, Labor, Lust"

Women's struggles have too often been downplayed — or, in the case of the new play by Sara Farrington that just opened at the Tank, simply hidden under a pretty gown. "Leisure, Labor, Lust" reveals how women's issues have been silenced throughout history. Inspired by the works of Edith Wharton and Jacob Riis, the trio of plays touch on a closeted queer romance, the horrors of pre-modern asylums and the perils of immigration.
Through April 22, 7:30 p.m., The Tank, 312 W. 36th St., $25, thetanknyc.org

COMEDY

Anybody: An Improvised Hip-Hopera

When a little show called "Hamilton" hit Broadway, the North Coast comedy team known for blending freestyle rap and improv had to wonder: Why stop there? That's how "Anybody: An Improvised Hip-Hopera" was born. The group takes the name of any famous person, from any point in history, and creates a show around their bio in front of a live audience. Hot tip: The venue has limited seating and it's first-come, first-served.
March 29, 7-9 p.m., Caveat, 21 A Clinton St., $15-$20, caveat.nyc

INTERACTIVE

The Moon Is a Planet, Darling

Pop culture art gallery THNK 1994 Museum has been transformed into the surface of the Moon for its latest exhibit paying homage to the celestial body that gets the least respect (except maybe Pluto). The title of the exhibition is based on an Isaac Mizrahi quote, and if you've strayed too far from your lunar mistress, it's time to commune with its feminine energy through artworks of famous ladies and a simulated moonwalk of your own (j/k).
Through April 8, THNK1994 Museum, 1436 Atlantic Ave., Brooklyn, open Fri-Sun noon-7 p.m., $6, thnk1994.com

SEX

HUMP!

The sexiest film fest of the year, Dan Savage's HUMP!, highlights pornography created by and starring amateurs, often showcasing more safe, realistic and diverse sexual content than mainstream adult films with a focus on sex, gender and body positivity. There are two sessions of short films (under five minutes each) on Thursday. Audiences fill out ballots to vote for their faves, and winners are announced online.
March 29, 7 & 9 p.m., Cinema Village, 22 E. 12th St., $25, humpfilmfest.com

PARTY

Goth vs. Kawaii Dance Party

What started as a fun out-of-season Halloween-themed party became so popular that Gemini and Scorpio is bringing it back for another special night: The Goth vs. Kawaii Dance Party has your high school's most angsty emo kid facing off against the most sparkly, bubbly princess this side of JPop, with a mix of music to suit both moods by DJ Ceremony and DJ Illexxandra. And this time it isn't just about the cocktails and costumes; there's also be a 30th anniversary screening of "Beetlejuice."
March 30, 8 p.m., location with RSVP, $10, geminiandscorpio.com

Holi in the City

Embrace spring in the most colorful way possible with Holi in the City. The brunch party hits Stage 48 with two upcoming dates when you can dance the day away in your cutest (disposable yet Instagram-worthy) all-white outfit while playing with bursts of bright powders that will make you feel like you're partying inside a rainbow. There will be food for purchase and a cash bar.
March 31 & April 14, Noon-7 p.m., Stage 48, 605 W. 48th St., $29-$450, holiinthecity.com

SCAVENGER HUNT

Questival

What will you discover about New York in 24 hours? Questival is an interactive adventuring game that takes you all over the five boroughs for the chance to win prizes worth up to $5,000. You and up to five friends can join a team; the price of your ticket includes a Cotopaxi Luzon bag to hold all of your adventuring gear and swag. You check in at Brooklyn Running Company on the day of Questival before completing challenges.
March 30-31, Brooklyn Running Company, 222 Grand St., Brooklyn, $47, cotopaxi.com

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BIOTRIAL

Celebrity obsessed? These museums are just for you

Check out these weird and wonderful celebrity museums, from Britney Spears' childhood bedroom to Ernest Hemingway's bungalow — where his cats are the stars.

Fodor's Travel

Long live the King! IMAGES PROVIDED

The Kentwood Museum
Diehard Britney Spears superfans flock to this small, small-town museum that features Britney's childhood bedroom re-created with furniture, gym clothes, pom-poms and old photos as well as a replica of the stage on which she performed her 2001 HBO concert special. And it's all lovingly collected with the kind of Leave-Britney-Alone dedication that makes this unofficial museum the kind of shrine that her best fans shouldn't miss.

The International Friendship Exhibition Hall
What do you get the North Korean dictator who has everything? The International Friendship Exhibition Hall has over 100,000 bizarre answers to this question. You'll find nearly every gift given to North Korean dictators Kim Il Sung and Kim Jong Il during the 70 years they were in power. Notable gifts including a taxidermy alligator holding a tray of cocktails from the Sandinistas of Nicaragua, a bear head mounted on a red satin pillow from Romanian dictator Nicolae Ceausescu and a basketball signed by Michael Jordan given by former U.S. Secretary of State Madeleine Albright. Prepare to be both fascinated and confused.

Graceland
Elvis was not only "The King of Rock 'n' Roll" but also the king of over-the-top celebrity behavior. And his Memphis home Graceland is equal parts museum and acid trip back to the time when Elvis partied so hard that even his pet monkey had a minor drinking problem. The sprawling 40-acre museum-cum-theme park has over 15 attractions and exhibits that include two restaurants, a classic car museum, a private plane collection, and the pièce de résistance: Elvis' impressively '70s mansion with leopard furniture, shag carpeting, an indoor waterfall and a shrine to his favorite sequin jumpsuits.

Museu CR7
Visit Funchal, Portugal, and you can fly into the Cristiano Ronaldo International Airport, check in to the Cristiano Ronaldo's CR7 Brand hotel, and take a photo with the Cristiano Ronaldo statue in the town square all before arriving at Cristiano Ronaldo's Museu CR7. Designed like a car showroom, Museu CR7 features a wax statue of Ronaldo at its center, several murals depicting his life story, soccer balls from his games, fan mail in his honor and a gift shop where you can buy his brand of clothing.

The Ernest Hemingway Home and Museum
Find your way to Key West to discover the desk where the great wrote parts of "A Farewell to Arms" and "For Whom the Bell Tolls," as well as the saloon urinal he drunkenly dragged home. The descendants of his beloved cats are still around, and their origin story isn't even one of the weirder anecdotes you'll hear about Hemingway's writing and drinking adventures when you tour his former home.

For soup-er fans of Warhol

Casa de Shenandoah
This celebrity museum is the only one where its subject might just show up and give you a tour. Wayne Newton no longer lives at his 14,000-square-foot former mansion in Las Vegas, but he's been known to show up and change around the remarkable collection of antiques, musical instruments, velvet furniture, wax statues of his wife and himself, and classic cars that he's put on display. And visit his many exotic pets which include wallabies, penguins, sea otters, and a capuchin monkey named Boo.

Andy Warhol Museum
Dedicating a museum to an artist isn't unusual, unless it manages to fill seven floors and 17 galleries and be the world's largest dedicated to a single marvel. Here you'll find some very deep cuts that include not just Warhol's more famous works but also his much-lesser-known doodles, paintings, movie reels, and even the art he made out of his own bodily fluids.

The Museum of the Democratic and Cultural Revolution
Inside this Bolivian museum you'll find a life-size statue of Evo Morales, Evo Morales' childhood toys, Evo Morales' favorite soccer jerseys, and Evo Morales' honorary doctorates given to him despite the fact that he never finished high school. The "Ego" museum, as it's locally known, was constructed by the Bolivian president using $7 million of government money, making it one of the most expensive personal museums in the world.

The L. Ron Hubbard Life Exhibition
Dedicated to the exploits, military achievements, degrees and maritime exploration of L. Ron Hubbard, the creator of Scientology — despite the fact that many of these achievements have been proved to be untrue — is Hollywood church. The factual exhibits are just as bizarre: Test an e-meter and walk through life-size dioramas of old-timey newsstands and alien landscapes all while being closely followed by a friendly museum attendant who won't want you to take any pictures.

The Al Saleh Museum
If you've ever wondered what it would be like to visit the secret lair of a '70s movie villain, the Al Saleh Museum in Sana'a, Yemen might be your best bet this side of the silver screen. Without getting into the politics of the deposed Yemeni president, we'll say that his museum of personal gifts includes the taxidermy pelt of the world's most endangered cat, rocks from the Hiroshima bombing, and shrapnel from a bomb that nearly assassinated him. But dark and questionable gifts aren't the only reason to visit. The museum is just one section of a beautiful $60 million mosque that is one of the architectural wonders of the region.

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Back in the New York groove

Previewing the 2018 New York Mets and Yankees.

JOE PANTORNO
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joseph.pantorno@metro.us

If you have the stomach for it, turn on the news. Take a walk outside. Log on to social media.

Your community, New York, the United States, is in the throes of change. Seeing as you've stumbled upon the sports page, we'll reserve speculation and commentary for the more political-minded folks here at Metro.

But in this diverse city within an altering country, there is one thing that will always remain constant: Baseball. America's game.

That familiarity returns today with Major League Baseball's Opening Day as the Big Apple splits into its two feuding tribes who each feature new leaders.

One dons pinstripes while the other is drenched in orange and blue.

Here in New York, the hierarchy among the city's two inhabitants looks to be returning to its usual state. Much to the chagrin of that orange and blue side.

New Yankees manager Aaron Boone is inheriting a reloaded team that is coming off a rather improbable run to the ALCS last season where they were a game within the World Series.

After the acquisition of Giancarlo Stanton, the Bronx Bombers are expected to truly fulfill their nickname as this squad holds the promise of resurrecting the designation of "Murderers' Row," an honor reserved for the heart of the 1927 Yankees lineup, which included Hall of Famers Babe Ruth, Lou Gehrig, and Tony Lazzeri.

Ninety-one years later, opposing pitchers are expected to quake before Stanton, Aaron Judge, coming off a rookie season in which he blasted 52 home runs and Gary Sanchez.

Those three bats alone could very well account for over 130 home runs this season, especially in the hitter-friendly ballpark that is Yankee Stadium.

Where there is brash expectancy in the Bronx, there is cautious optimism in Queens.

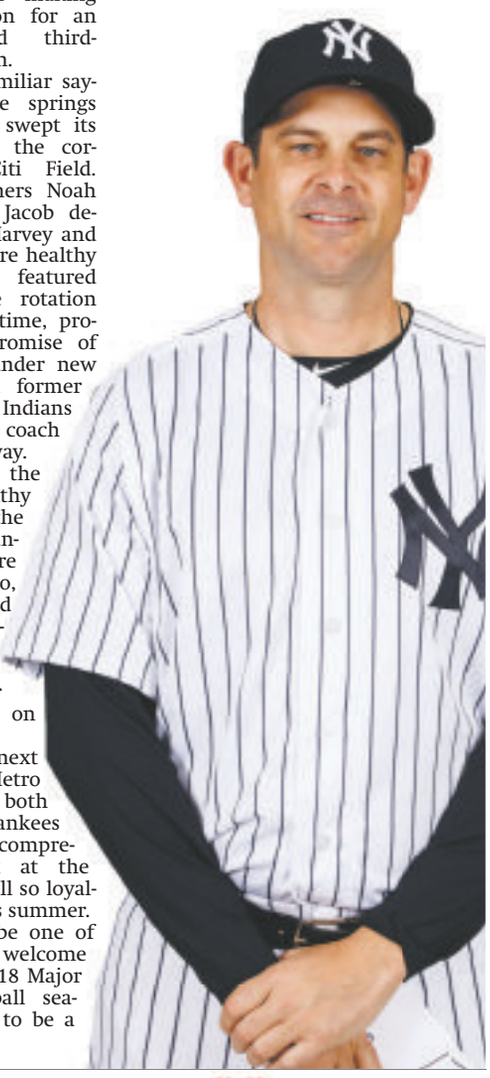
The Mets are shaking off a difficult 2017 season in which injuries eliminated any chance of the team making the postseason for an unprecedented third-straight season.

But the familiar saying of "hope springs eternal," has swept its way through the corridors at Citi Field. Starting pitchers Noah Syndergaard, Jacob deGrom, Matt Harvey and Steven Matz are healthy and will be featured in the same rotation at the same time, providing the promise of domination under new manager and former Cleveland Indians pitching coach Mickey Callaway.

Should the arms stay healthy and fulfill the visions of grandeur laid before them years ago, an offense led by Yoenis Cespedes and Jay Bruce will have far less pressure on its shoulders.

On the next four pages, Metro will provide both Mets and Yankees fans with a comprehensive look at the teams they will so loyally root for this summer.

So let us be one of the first to welcome you to the 2018 Major League Baseball season. It's sure to be a great one.



Meet the Mets

OPENING DAY 25-MAN ROSTER

JERRY BLEVINS- LHP	TRAVIS D'ARNAUD- C
JACOB DEGROM- RHP	KEVIN PLAWECKI- C
JEURYS FAMILIA- RHP	ASDRUBAL CABRERA- 2B
ROBERT GSELLMAN- RHP	PHILLIP EVANS- UT
MATT HARVEY- RHP	WILMER FLORES- 1B/UT
SETH LUGO- RHP	TODD FRAZIER- 3B
STEVEN MATZ- LHP	ADRIAN GONZALEZ- 1B
AJ RAMOS- RHP	JOSE REYES- UT
JACOB RHAME- RHP	AMED ROSARIO- SS
PAUL SEWALD- RHP	JAY BRUCE- RF
ANTHONY SWARZAK -RHP	YOENIS CESPEDES- LF
NOAH SYNDERGAARD- RHP	JUAN LAGARES- CF
BRANDON NIMMO- CF	

The starters

CATCHER

TRAVIS d'ARNAUD

PROJECTED STATS
.261 BA
15 HR
60 RBI

KEVIN PLAWECKI

PROJECTED STATS
.280 BA
7 HR
33 RBI

Strong spring trainings from both Plawecki and d'Arnaud will force Callaway to split time between the catchers. D'Arnaud will likely see a lion's share of the time, regardless as his new and improve swing could see the 29-year-old become the franchise catcher the Mets have been waiting for.

1ST BASE

WILMER FLORES

PROJECTED STATS
.270 BA
16 HR
55 RBI

ADRIAN GONZALEZ

PROJECTED STATS
.259 BA
9 HR
38 RBI

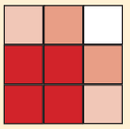
The veteran Gonzalez was expected to be the team's starting first baseman after Dominic Smith's quad injury held him out for most of the spring. However, a .207 batting average left the door open for Wilmer Flores to platoon with him. Flores will start at first against lefties.

2ND BASE

ASDRUBAL CABRERA

PROJECTED STATS
.263 BA
17 HR
64 RBI

ZONAL HEAT MAP



Cabrera has come a long way from wanting to be traded away from the Mets last year. Naturally a shortstop, Cabrera has been forced to take the starting role at second now that Amed Rosario is up with the big club full-time.

The rotation

NOAH SYNDERGAARD

PROJECTED STATS
18-6
2.95 ERA
225 K's

JACOB DEGROM

PROJECTED STATS
15-7
3.14 ERA
210 K's

MATT HARVEY

PROJECTED STATS
11-9
3.72 ERA
180 K's

STEVEN MATZ

PROJECTED STATS
7-10
4.36 ERA
124 K's

SETH LUGO

PROJECTED STATS
5-2
3.97 ERA
75 K's

The starters (con't)

3RD BASE

TODD FRAZIER

PROJECTED STATS
.212 BA
28 HR
79 RBI

ZONAL HEAT MAP

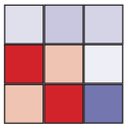
The Mets entered another offseason with questions at third base due to David Wright's injury saga. Frazier provides a power bat with 40-home-run potential despite not hitting for average. Expect to see him in the bottom half of the lineup.

SHORTSTOP

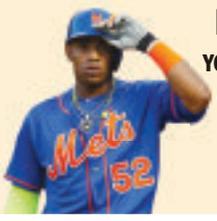
AMED ROSARIO

PROJECTED STATS
.259 BA
9 HR
51 RBI

ZONAL HEAT MAP



The future is now for Rosario. After a brief six-week MLB debut to end last season, the young shortstop will have to prove to the organization that he can be a cornerstone to build upon for the coming years.

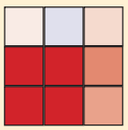


LEFT FIELD

YOENIS CESPEDES

PROJECTED STATS
.293 BA
31 HR
96 RBI

ZONAL HEAT MAP



It's time for the Mets' biggest bat to step up in 2018. After dealing with hamstring injuries for a majority of last season, Cespedes has plenty to prove this summer as he will be tasked in carrying the Mets lineup as their expected No. 2 hitter.

CENTER FIELD

JUAN LAGARES

PROJECTED STATS
.248 BA
4 HR
32 RBI

BRANDON NIMMO

PROJECTED STATS
.262 BA
7 HR
53 RBI

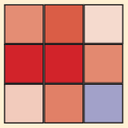
With Michael Conforto on the disabled list until May 1, the centerfield spot is up for grabs. Nimmo should be the clear choice as the team's lead-off man, but Lagares' defense will keep him in the fray.

RIGHT FIELD

JAY BRUCE

PROJECTED STATS
.255 BA
29 HR
81 RBI

ZONAL HEAT MAP



Bruce might prove to be the team's most vital signing this offseason. The veteran has already shown that he can succeed in Queens and will add valuable support for Cespedes in the middle of New York's lineup. Don't be surprised if you see him playing some first base, too.

OPENING DAY 2018: METS vs. CARDINALS, 1:10 PM ET
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Meet the Yankees

OPENING DAY 25-MAN ROSTER

DELLIN BETANCES- RHP	TYLER AUSTIN- 1B
AROLDIS CHAPMAN- LHP	BRANDON DRURY- 3B
SONNY GRAY- RHP	BRETT GARDNER- LF
CHAD GREEN- RHP	DIDI GREGORIUS- SS
JONATHAN HOLDER- RHP	AARON HICKS- CF
TOMMY KAHNLE- RHP	AARON JUDGE- RF
JORDAN MONTGOMERY- LHP	AUSTIN ROMINE- C
DAVID ROBERTSON- RHP	GARY SANCHEZ- C
CC SABATHIA- LHP	GIANCARLO STANTON- DH
LUIS SEVERINO- RHP	RONALD TORREYES- UT
CHASEN SHREVE-LHP	TYLER WADE- 2B
MASAHIRO TANAKA- RHP	NEIL WALKER- 2B
ADAM WARREN- RHP	

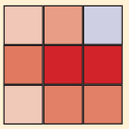
The starters

CATCHER

GARY SANCHEZ

PROJECTED STATS
.286 BA
32 HR
88 RBI

ZONAL HEAT MAP



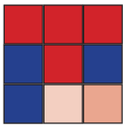
While he will sometimes get lost within the fanfare that is Aaron Judge and Giancarlo Stanton, Sanchez might just be the Yankees' best all-around hitter. He'll flirt with a .290 average for a majority of the season and should lead all catchers in home runs this season.

1ST BASE

TYLER AUSTIN

PROJECTED STATS
.246 BA
8 HR
26 RBI

ZONAL HEAT MAP



Frustrating news for Greg Bird turns into Austin's gain as the Yankees' starting first baseman is facing a six-to-eight-week absence in order to recover from surgery on his right ankle. In his limited time in the majors, Austin has shown that he is either feast or famine.

2ND BASE

NEIL WALKER

PROJECTED STATS
.263 BA
19 HR
61 RBI

TYLER WADE

PROJECTED STATS
.246 BA
3 HR
21 RBI

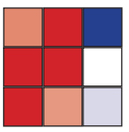
The veteran Walker adds some pop toward the bottom of the Yankees lineup where he will split time at second with Wade, who was a dark horse to make the team. But his ability to show a reliable glove and that he can handle big-league pitching made him impossible to cut.

3RD BASE

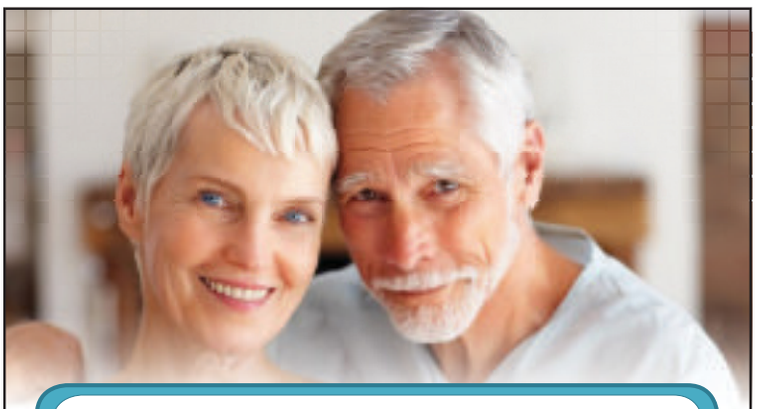
BRANDON DRURY

PROJECTED STATS
.272 BA
13 HR
52 RBI

ZONAL HEAT MAP



After the loss of Todd Frazier and Chase Headley, the Yankees were in need of an established third baseman or they'd have to rely on unproven youngsters, whether that be Miguel Andujar or Gleyber Torres. Drury will be featured at the bottom of New York's lineup.



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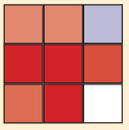
GIANCARLO STANTON

PROJECTED STATS

.274 BA
54 HR
112 RBI

ZONAL HEAT MAP



There is going to be plenty of pressure placed squarely on the shoulders of the reigning National League MVP. But Giancarlo Stanton has never played in this large a market or under these kinds of expectations. Regardless, he is one of the premier power hitters in Major League Baseball and is going to feast upon the short porches of Yankee Stadium.

The rotation

LUIS SEVERINO: *16-7, 3.27 ERA, 229 K'S*
MASAHIRO TANAKA: *12-8, 3.65 ERA, 172 K'S*
SONNY GRAY: *12-10, 3.87 ERA, 161 K'S*
CC SABATHIA: *8-8, 4.19 ERA, 132 K'S*
JORDAN MONTGOMERY: *7-9, 4.06 ERA, 139 K'S*

OPENING DAY: YANKEES at BLUE JAYS, 3:37 PM ET
YES NETWORK, 660 WFAN RADIO

The starters (con't)

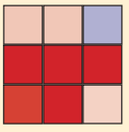
SHORTSTOP

DIDI GREGORIUS

PROJECTED STATS

.276 BA
20 HR
68 RBI

ZONAL HEAT MAP



Gregorius has evolved from a light-hitting shortstop to the Yankees' franchise record-holder for most home runs set in a single season by a player at the position. His lefty bat will continue to eat up right-handers in 2018 as he continues developing into a pull hitter.

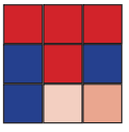
LEFT FIELD

BRETT GARDNER

PROJECTED STATS

.260 BA
15 HR
45 RBI

ZONAL HEAT MAP



While there had been some questions about Gardner's future in New York, he'll be the Yankees' lead-off man once again. He's getting better with age, coming off a 2017 season in which he belted a career-high 21 home runs.

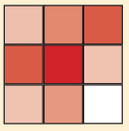
CENTER FIELD

AARON HICKS

PROJECTED STATS

.252 BA
17 HR
56 RBI

ZONAL HEAT MAP



With Clint Frazier lurking in the minors (once fully healed from a concussion), Hicks has to show the Yankees that he is capable of being the team's everyday center fielder from here on out. That means cutting down on strikeouts and raising up the average.

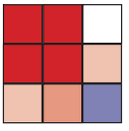
RIGHT FIELD

AARON JUDGE

PROJECTED STATS

.268 BA
42 HR
96 RBI

ZONAL HEAT MAP



It would be unfair to expect Judge to recreate the numbers he put up in his stellar Rookie of the Year campaign. The league now knows how to pitch to him (low and away), which means the adjustments he made during the offseason are imperative to his success.

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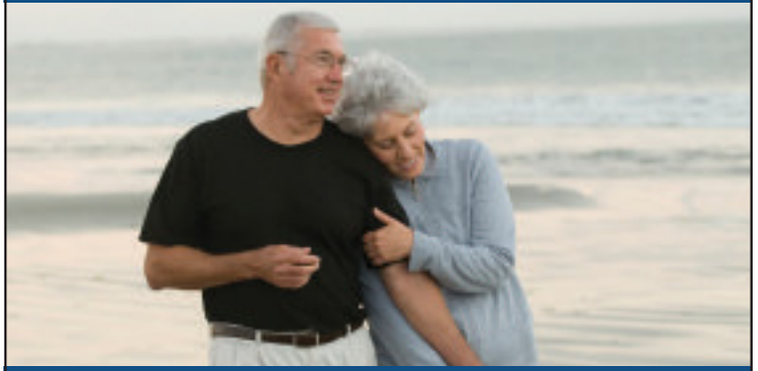

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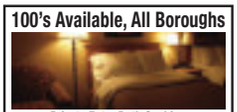

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NOTICE IS HEREBY GIVEN that a license, Number 1308868, for Eating Place Beer has been applied for by the undersigned to sell Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 81 Allen Street, New York, NY 10002. New York County, for on premises consumption. New Spring Boy Chinese Restaurant Inc.

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LEGAL NOTICES

NOTICE OF SALE

SUPREME COURT QUEENS COUNTY U.S. BANK NATIONAL ASSOCIATION, AS INDENTURE TRUSTEE, SUCCESSOR IN INTEREST TO BANK OF AMERICA, NATIONAL ASSOCIATION, AS INDENTURE TRUSTEE, SUCCESSOR BY MERGER TO LASALLE BANK NATIONAL ASSOCIATION, AS INDENTURE TRUSTEE FOR AFC TRUST SERIES 1999-2, Plaintiff against JOANNE NEWBOLD, et al Defendants. Attorney for Plaintiff(s) Fein Such & Crane, LLP 1400 Old Country Road, Suite C103, Westbury, NY 11590 Attorney (s) for Plaintiff (s). Pursuant to a Judgment of Foreclosure and Sale Entered February 5, 2018 I will sell at Public Auction to the highest bidder at the Queens County Supreme Court, 88-11 Sutphin Blvd., Jamaica, New York 11435, in Courtroom #25 on April 27, 2018 at 10:00 AM. Premises known as 84-10 101st Street, Unit 4K, Richmond Hill, NY 11418. Block 9177 Lot 1074. ALL that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the County of Queens, State of New York. Approximate Amount of Judgment is $52,133.35 plus interest and costs. Premises will be sold subject to provisions of filed Judgment Index No 8513-13. Barry M. Goldstein, Esq., Referee SPSJN306

NOTICE OF FORMATION of Piscean Butterfly LLC. Articles of Org. filed with the Secy. of State of New York (SSNY) on 01/24/2018. Office location: Bronx County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 1202 Spofford Ave., 5A, Bronx, NY 10474. Purpose: Entertainment management.

LEGAL NOTICES

NOTICE OF SALE

SUPREME COURT:
QUEENS COUNTY
HSBC BANK USA, NATIONAL ASSOCIATION AS TRUSTEE FOR WELLS FARGO ASSET SECURITIES CORPORATION, MORTGAGE ASSET-BACKED PASS-THROUGH CERTIFICATES, SERIES 2007-PA3; Plaintiff(s) vs.
ALEX CORONEL; SUSAN CORONEL; et al; Defendant(s)
Attorney (s) for Plaintiff (s):
ROSICKI, ROSICKI & ASSOCIATES, P.C.,
2 Summit Court, Suite 301,
Fishkill, New York, 12524,
845.897.1600
Pursuant to judgment of foreclosure and sale granted herein on or about February 2, 2017, I will sell at Public Auction to the highest bidder at the QUEENS COUNTY S UPREME COURT, located at 88-11 SUTPHIN BOULEVARD, JAMAICA, NEW YORK, IN COURTROOM #25. On April 13, 2018 at 10:00 am. Premises known as 58-23 60TH PLACE, MASPETH, NY 11378
Block: 2727 Lot: 2
ALL that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough and County of Queens, City and State of New York.
As more particularly described in the judgment of foreclosure and sale. Sold subject to all of the terms and conditions contained in said judgment and terms of sale.
Approximate amount of judgment $627,522.15 plus interest and costs.
INDEX NO. 11927/13
Kerry John Katsorhis, Esq., Referee

NOTICE OF SALE

SUPREME COURT
COUNTY OF QUEENS
WELLS FARGO BANK, N.A., Plaintiff AGAINST MARINA T. RODRIGUEZ INDIVIDUALLY AND AS SURVIVING SPOUSE OF MICHAEL T. RODRIGUEZ, et al., Defendant(s) Pursuant to a Judgment of Foreclosure and Sale duly dated January 12, 2018 I, the undersigned Referee will sell at public auction at the Queens County Courthouse in Courtroom #25, 88-11 Sutphin Boulevard, Jamaica, New York on April 13, 2018 at 10:00AM, premises known as 118-62 RIVERINGTON STREET, SAINT ALBANS, NY 11412.
All that certain plot piece or parcel of land, with the buildings and improvements erected, situate, lying and being in the Borough and County of Queens, City and State of New York, Block 12451, Lot 38.
Approximate amount of judgment $348,764.43 plus interest and costs. Premises will be sold subject to provisions of filed Judgment for Index #20871/13.
Kerry J. Katsorhis, Esq., Referee
Gross Polowy, LLC
Attorney for Plaintiff
1775 Wehrle Drive, Suite 100
Williamsville, NY 14221

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LEGAL NOTICES

NOTICE OF SALE

SUPREME COURT:
QUEENS COUNTY.
RSB CITIZENS N.A. Pltf.
vs. BONG HEE SU A/K/A BING HEE SU. et al, Defts.
Index #706482/15.
Pursuant to judgment of foreclosure and sale entered February 21, 2018, I will sell at public auction in Courtroom #25 of Queens County Supreme Court, 88-11 Sutphin Blvd., Jamaica, NY on Friday, April 6, 2018 at 10:00 a.m. prem. k/a 33-07 153rd St., Flushing, NY.
Said property located at a point on the easterly side of 153rd St. distant 43.24 ft. southerly from the corner formed by the intersection of the easterly side of 153rd St. (60 feet wide) with the southerly side of 33rd Ave. (70 feet wide): being a plot 100.01 ft x 40 ft. Approx. amt of judgment is $458,165.40 plus costs and interest. Sold subject to terms and conditions of filed judgment and terms of sale.
ARTHUR TERRANOVA, Referee
COHN & ROTH
Attys. For Pltf.
100 East Old Country Rd., Ste 28
Mineola, NY
#94298

NOTICE OF SALE

SUPREME COURT
COUNTY OF QUEENS
JPMorgan Chase Bank, National Association, Plaintiff AGAINST Tarbita Benjamin; Monique Benjamin; et al., Defendant(s) Pursuant to a Judgment of Foreclosure and Sale duly dated May 31, 2017 I, the undersigned Referee will sell at public auction at the Queens County Supreme Courthouse, Courtroom #25, 88-11 Sutphin Boulevard, Jamaica, New York on April 6, 2018 at 10:00AM, premises known as 145-95 178th Place, Jamaica, NY 11434. All that certain plot piece or parcel of land, with the buildings and improvements erected, situate, lying and being in the City of New York, County of Queens and State of NY, Block: 13342 Lot: 36. Approximate amount of judgment $339,307.90 plus interest and costs. Premises will be sold subject to provisions of filed Judgment Index# 712425/2016.
Michael Dikman, Esq., Referee
Shapiro, DiCaro & Barak, LLC
Attorney(s) for the Plaintiff
175 Mile Crossing Boulevard
Rochester, New York 14624
(877) 759-1835
Dated: January 22, 2018
51467

NOTICE IS HEREBY GIVEN that a license, Number 1303870, for Beer, Wine & Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Catering Establishment under the Alcoholic Beverage Control Law at 13-05 43rd Ave., Long Island City, NY 11101. Queens County, for on-premises consumption. AV LIC Inc.

NOTICE IS HEREBY GIVEN that a license, Number 1308833, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 92-08 Rockaway Beach Blvd., Far Rockaway, NY 11693. Queens County, for on premises consumption. T Master Inc

LEGAL NOTICES

NOTICE OF SALE

SUPREME COURT
COUNTY OF QUEENS
JPMorgan Chase Bank, National Association, Plaintiff AGAINST Joel Johnson a/k/a Joel M Johnson; Jody Johnson a/k/a Jody G Johnson; et al., Defendant(s) Pursuant to a Judgment of Foreclosure and Sale duly dated January 12, 2018 I, the undersigned Referee will sell at public auction at the Queens County Supreme Courthouse, Courtroom #25, 88-11 Sutphin Boulevard, Jamaica, New York on April 13, 2018 at 10:00AM, premises known as 139-29 229th Street, Laurelton, NY 11413. All that certain plot piece or parcel of land, with the buildings and improvements erected, situate, lying and being in the Borough and County of Queens, City and State of New York, Block 13184 Lot 22.
Approximate amount of judgment $411,708.83 plus interest and costs. Premises will be sold subject to provisions of filed Judgment Index# 707265/2015.
Gerald Chiariello II, Esq., Referee Shapiro, DiCaro & Barak, LLC
Attorney(s) for the Plaintiff
175 Mile Crossing Boulevard
Rochester, New York 14624
(877) 759-1835
Dated: January 31, 2018
51693

NOTICE OF SALE

SUPREME COURT
COUNTY OF QUEENS U.S. Bank Trust, N.A, as Trustee for LSF0 Master Participation Trust, Plaintiff AGAINST Natalie Lawes a/k/a Natalie T. Lawes; et al., Defendant(s) Pursuant to a Judgment of Foreclosure and Sale duly dated July 25, 2017 I, the undersigned Referee will sell at public auction at the Queens County Supreme Courthouse, Courtroom #25, 88-11 Sutphin Boulevard, Jamaica, New York on April 13, 2018 at 10:00AM, premises known as 241-09 Weller Avenue, Rosedale, NY 11422. All that certain plot piece or parcel of land, with the buildings and improvements erected, situate, lying and being in the Borough and County of Queens, City and State of New York, Block: 13555 Lot: 21.
Approximate amount of judgment $660,263.89 plus interest and costs. Premises will be sold subject to provisions of filed Judgment Index# 12223/2013.
Gary M. Darche, Esq., Referee
Shapiro, DiCaro & Barak, LLC
Attorney(s) for the Plaintiff
175 Mile Crossing Boulevard
Rochester, New York 14624
(877) 759-1835
Dated: February 12, 2018
51980

NOTICE IS HEREBY GIVEN that a license, Number TBA, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 530 7th Ave., New York, NY 10018. New York County, for on premises consumption. ITSU MANHATTAN LLC.

NOTICE IS HEREBY GIVEN that a license Number 1307822, for Restaurant Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 34-40 Union Street, Flushing, NY 11354. Queens County, for on-premises consumption. Dahua Restaurant Inc.

LEGAL NOTICES

NOTICE OF SALE

IN FORECLOSURE STATE OF NEW YORK SUPREME COURT: COUNTY OF QUEENS WELLS FARGO BANK, N.A., SUCCESSOR BY MERGER TO WACHOVIA MORTGAGE, FSB, FORMERLY KNOWN AS WORLD SAVINGS BANK, FSB, Plaintiff, vs. ROOPDAYE RAMSAHAI, et al., Defendants
PLEASE TAKE NOTICE THAT In pursuance of a Judgment of Foreclosure and Sale entered in the office of the County Clerk of Queens County on October 23, 2017, I, Gary M. Darche, Esq., the Referee named in said Judgment, will sell in one parcel at public auction on April 20, 2018 at the Queens county Supreme Court, 88-11 Sutphin Boulevard, Jamaica, County of Queens, State of New York, at 10:00 A.M., the premises described as follows: 101-35 130th St South Richmond Hill, NY 11419
SBL No.: 9498-76
ALL THAT TRACT OF PARCEL OF LAND situate in the Fourth Ward of the Borough and County of Queens, City and State of New York The premises are sold subject to the provisions of the filed judgment, Index No. 706091/15 in the amount of $517,895.71 plus interest and costs.
Todd Marks, Esq.
Woods Oviatt Gilman LLP
Plaintiff's Attorney
700 Crossroads Building,
2 State St. Rochester, NY 14614
Tel.: 855-227-5072
52462

NOTICE OF SALE

SUPREME COURT:
QUEENS COUNTY.
NYCTL 1998-2 TRUST AND THE BANK OF NEW YORK MELLON, AS COLLATERAL AGENT AND CUSTODIAN FOR NYCTL 1998-2 TRUST, Pltf.
vs. DAVID SINGH, et al, Defts.
Index #704224/2016. Pursuant to judgment of foreclosure and sale entered February 9, 2018, I will sell at public auction in Courtroom #25 of the Queens County Supreme Court, 88-11 Sutphin Blvd., Jamaica, NY, on Friday April 27, 2018 at 10:00 a.m. prem. k/a Block 11750, Lot 93.
Sold subject to terms and conditions of filed judgment and terms of sale and the right of the United States of America to redeem within 120 days from the date of sale as provided by law.
NICOLE D. KATSORHIS, Referee
LEVY & LEVY, Attys. For Pltf.
12 Tulip Dr., Great Neck, NY

NOTICE IS HEREBY GIVEN that a license, Number 1308834, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 466 Myrtle Ave., Brooklyn, NY 11205. Kings County, for on premises consumption. JK Island Brooklyn Inc.

NOTICE IS HEREBY GIVEN that a license, Number 1308740, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 26 St Mark's Pl., New York, NY 10003. New York County, for on premises consumption. Tasty Taiwan LLC.

LEGAL NOTICES

NOTICE IS HEREBY GIVEN, PURSUANT TO LAW, that the NYC Department of Consumer Affairs will hold a Public Hearing on Wednesday, April 11, 2018 At 2:00 p.m. at 42 Broadway, 5th floor on a petition for Dez Mulberry LLC to establish, maintain and operate an unenclosed sidewalk cafe at 227 Mulberry St. in the Borough of Manhattan for a term of two years.
REQUEST FOR COPIES OF THE REVOCABLE CONSENT AGREEMENT MAY BE ADDRESSED TO: DEPARTMENT OF CONSUMER AFFAIRS, ATTN: FOIL OFFICER, 42 BROADWAY, NEW YORK, NY 10004

NOTICE OF FORMATION of Concrete Jungle Dreams Consulting LLC. Articles of Org. filed with the Secy. of State of New York (SSNY) on 02/28/2018. Office location: New York County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 654 West 161st Street, Suite 3G, New York, NY 10032. Purpose: Consulting.

NOTICE IS HEREBY GIVEN that a license, Number 1309082, for Beer, Wine & Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail at a Bar under the Alcoholic Beverage Control Law at 285 Bedford Ave., Brooklyn, NY 11211. Kings County, for on premises consumption. NYSF Ventures LLC.

NOTICE IS HEREBY GIVEN that a license, Number 1308689, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 45-11 Queens Blvd., Sunnyside, NY 11104. Queens County, for on premises consumption. Oki Japanese Cuisine Inc.

LEGAL NOTICES

NOTICE OF FORMATION of November Ventures LLC. Articles of Org. filed with the Secy. of State of New York (SSNY) on 03/06/2015. Office location: New York County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 25 Fort Washington Ave., Apt. 5C, New York, NY 10032. Purpose: Retail.

NOTICE IS HEREBY GIVEN, PURSUANT TO LAW, that the NYC Department of Consumer Affairs will hold a Public Hearing on Wednesday, April 18, 2018 at 2:00 p.m. at 42 Broadway, 5th floor on a petition for IL Posto Trattoria Rustica Corp. to establish, maintain, and operate an unenclosed sidewalk cafe at 227 Dyckman St. in the Borough of Manhattan for a term of two years.
REQUEST FOR COPIES OF THE REVOCABLE CONSENT AGREEMENT MAY BE ADDRESSED TO: DEPARTMENT OF CONSUMER AFFAIRS, ATTN: FOIL OFFICER, 42 BROADWAY, NEW YORK, NY 10004

NOTICE IS HEREBY GIVEN that a license, Number 1308912, for On Premises Liquor has been applied for by the undersigned to sell Liquor, Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 31 St. Marks Pl., New York, NY 10003. New York County, for on premises consumption. M & Y Catering Inc.

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12 Golfer -- Alcott
13 Touche provoker
14 Say with gestures
15 More remote
17 Squashed circle
18 Fiery monster
19 Expert
21 Lyric poems
23 Gyro bread
24 RC rival
27 Seeger or Sampras
29 As well
30 "Moonstruck" star
32 The -- the limit!
36 Yeah, right! (2 wds.)
38 Twisted
40 Dinny's rider
41 Linchpin site
43 Soul
45 Iceboat necessity
47 Sand hill
49 In sorrier shape
51 Downhill racers
55 Trevi Fountain coins
56 Kind of rug
58 Liberal --
59 Muse count
60 Onassis nickname
61 Thin board
62 Bends in the middle
63 Hardened

DOWN

1 Smooth-pated
2 Romance, to Pedro
3 Sociable starling
4 Tuneful
5 Conjecture
6 Meet, in poker
7 Technical word
8 Cheap flicks (hyph.)
9 Fastener for an I-beam
10 Fridge maker
11 Penn. neighbor
16 Self-images
20 Quick to learn
22 Threw lava
24 "Harper Valley --"
25 Aurora, to Socrates
26 Taro-root paste
28 Slip up
31 Kubrick's computer
33 Carp
34 -- Kippur
35 Whirlpool locale
37 Like Snow White
39 Union members?
42 Really big tees
44 Dresden denial
45 Eddy
46 Ventricle neighbor
48 Depleting
50 Untold centuries
52 Depot info
53 Red inside
54 Gill opening
55 -- Vegas
57 Small inlet

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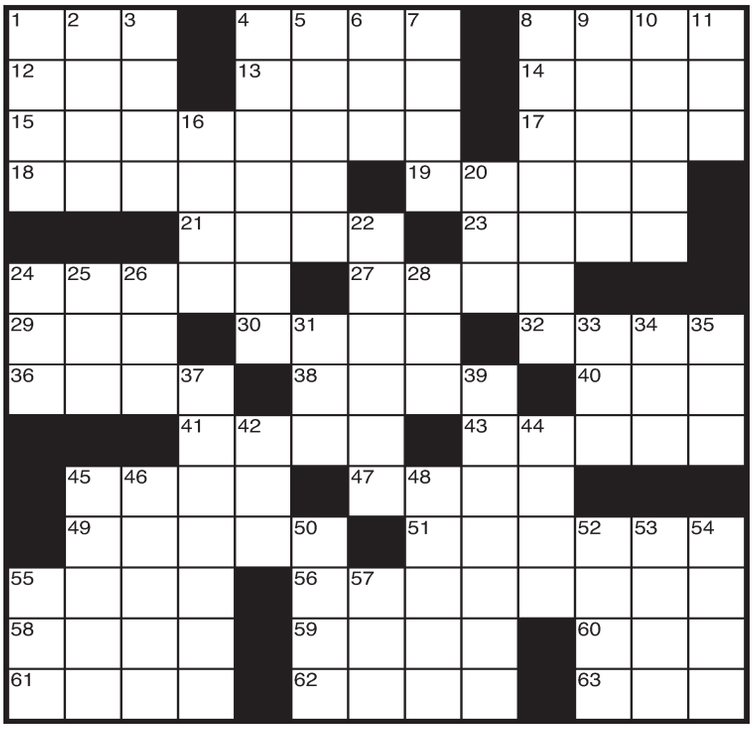

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easy

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hard

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	6				3			9

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Aries Don't pick a fight or let anyone goad you into a debate. Keeping a steady pace is your best option when dealing with controversy. Say little and do what's expected of you.

Taurus You'll have the upper hand, as long as you speak up and take care of your affairs personally. Energy will be running high, allowing you to take care of unfinished business.

Gemini Go over your bills and financial statements before you donate money to a cause. Temptation will be intense when it comes to personal items that you can live without.

Cancer Do your best to stabilize your position. Whether you are dealing with a colleague or someone you live with, aim to keep the peace.

Leo Know what something costs before agreeing to move forward. Overspending on items for your home will leave you in a quandary. Put a cap on your spending.

Virgo Get pumped up and participate. Engaging in something that challenges you physically will lead to a wakeup call regarding your health.

Libra Problems at home will affect your productivity at work and domestic relationships. Listen carefully, but don't let anyone control or manipulate you.

Scorpio An investment you've been hanging on to will give you a financial boost. Take advantage of a good deal and make a move that will improve your life.

Sagittarius Put more effort into improving your love life or building a strong family unit to improve your long-term personal prospects.

Capricorn Tie up loose ends before moving on to downtime. If you leave something undone, someone will bring it to your attention and it will turn into a big deal.

Aquarius Emotional matters can escalate fast when someone you love is involved. Looking out for someone will be appreciated, but don't take charge.

Pisces Explore new possibilities, but don't jump in without testing what's being offered. Altering your lifestyle will have setbacks if you aren't fully prepared to change. EUGENIA LAST

Yesterday's answers

Q	U	I	P	■	C	U	M	■	D	A	M	E		
T	H	O	U	■	A	N	A	■	A	M	E	N		
S	O	W	N	■	R	I	V	E	R	B	E	D		
■	H	A	T	B	O	X	■	R	I	O	T	■		
■	■	■	E	B	B	■	C	N	N	■	■	■		
B	L	U	R	B	■	H	E	I	G	H	T	■		
Y	A	K	S	■	P	O	L	E	■	E	R	A		
E	T	E	■	P	U	L	L	■	R	A	I	D		
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I	T	E	M	■	O	W	L	■	O	B	O	E		

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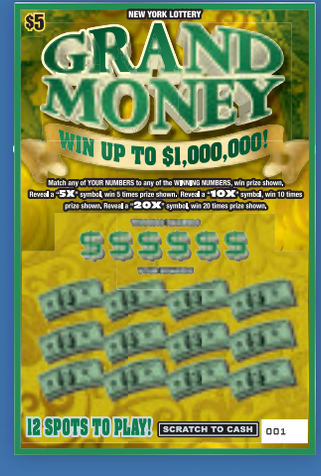

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